



# Professional Physical Therapy

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## Winter Fitness Obstacles

- Colder temperatures
- Poor weather conditions
- Slippery surfaces
- Lack of motivation
- Shorter daylight
- More equipment/clothing

As we transition in to the winter months, maintaining the same drive for exercise we had in the summer months tends to dwindle. Our lack of exercise motivation can most often stem from the less than ideal weather conditions winter presents itself with. Those seasonal changes quickly get us to stay indoors more, and our days of exercising outside come to an end. No need to be discouraged with ending your outdoor exercising though! Switching your outdoor routine to an indoor one is easier than you think and can be as challenging as you want. Check out some of our ideas that will re-motivate you to keep fit during this upcoming winter season!

**[www.professionalphysicaltherapy.com](http://www.professionalphysicaltherapy.com)**

OREM 1325 S 800 E, Suite #215 (801) 373-1053

ALPINE 155 W Canyon Crest Rd, Suite #100 (801) 756-7061

LEHI 680 E Main St, Suite #101 (801) 768-2723

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# Rotator Cuff Injury

## I hurt my what?!

When we talk about having an injury to the 'rotator cuff', we are referring to the group of muscles that stabilize the upper arm (humerus) with your shoulder girdle (scapula and clavicle). These four muscles and tendons allow the shoulder to be mobile in a variety of directions while also providing stability to the joint.

## Injury Description

Rotator cuff injuries can be acute or chronic. Acute injuries happen from quick and powerful movements such as falling on outstretched hands or aggressive trauma to the shoulder. Chronic injuries stem from repetitive overhead/throwing motions. Whatever the cause of injury, the muscles in the rotator cuff become irritated against the surrounding bony structures and can eventually tear.

## Signs and Symptoms

- Pain in the shoulder
  - sharp and intense for acute injuries
  - dull and achy for chronic injuries
  - point tenderness (pain in specific spot)
- Muscular weakness (loss of strength)
- Limited range-of-motion in shoulder
- Difficulty with reaching over-head and behind back
- Hesitation to use injured shoulder

## Treatment

### Self-care

- Rest your shoulder!
  - Ice during the first 48 hrs. of injury
    - 3 times a day for 20 min. intervals
  - Heat shoulder after 48 hrs. of injury
  - Anti-inflammatory medication
    - ibuprofen or aspirin
    - check with your doctor before taking medication
- \*If symptoms last for longer than two weeks, consult with your physician.

## Physical Therapy and Rotator Cuff Injuries

Pain relief, shoulder stability, and restored function from a rotator cuff injury can be achieved through a physical therapy program. Through a series of stretches, strengthening exercises, and modality use, patients are able to get back to a healthy and functional state. If you feel like you may be suffering from a rotator cuff tear or injury, or just feel like you may have some questions regarding any sort of abnormal shoulder discomfort, feel free to contact us via email or phone at any one of our three locations.



# Staying fit during the winter months



- Zumba videos
- Buy a bike trainer
- Spin classes
- Gym memberships
- Walking in the mall
- Buying free weights
- Indoor court sports
- Lap swimming
- Yoga
- Kick boxing class
- Jumping rope
- Dancing
- Jumping jack rounds
- P90x, Insanity, etc.
- Daily Burn
- Taking the stairs over elevators
- Ice skating
- Get a group together



## Success Stories

"Everyone is always great here. I tell my running friends and family to not waste time anywhere else - Just come on in and get it fixed right! Thanks for your help." -**Dave**

"I had never done any Physical Therapy before, so I didn't know what to expect. I had old injuries that I thought would be very difficult to overcome. But the staff here was so friendly and fun that I felt comfortable right away. The treatment that the therapists gave me worked so well I recovered quickly and have been able to get back to running without any pain. I am very appreciative of the care that I received here." -**Phil**



# We are out there!

Find us on the web at

**[www.professionalphysicaltherapy.com](http://www.professionalphysicaltherapy.com)**

We keep updating and adding to our blog about activities and events that we and our patients are involved in. It's a lot of fun to follow what types of activities are scheduled, how our patients and employees are doing in their own hobbies and pursuits, and also what is coming up. We have multiple sports camps and activities coming up for athletes of ALL ages and for ALL sports! So continue checking out our website to see what's going on!

Also, you can follow us on Facebook, Twitter, and LinkedIn! Our goal is to use every outlet available to help keep you informed as to what is happening. This will help you stay in touch with more activities and events that promote injury prevention, good health, and FUN! You can also learn more about how YOU can get involved! We would love to have YOU be a part of our growing family promoting healthy and injury free participation in ALL sports and activities! Watch for upcoming camps and classes for various sports and injury prevention programs!



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