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# **HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE SHOULDER PAIN**

Read more inside on How Physical Therapy Can Help, Seasonal Superfoods Spotlight, & Don't Let Your Insurance Go To Waste!

[www.AgeWellIPT.com](http://www.AgeWellIPT.com)



# HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE SHOULDER PAIN

*Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful?* You may be living with shoulder pain that can be resolved with physical therapy.

**At AgeWell Physical Therapy & Wellness, P.C., we have the solutions that you are looking for!**

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call AgeWell Physical Therapy & Wellness, P.C. today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

## Understanding Your Shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

*The shoulder has the following essential structures:*

- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement

through a wide range of motion.

- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure — however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

## Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

*The most common conditions affecting the shoulder are:*

- Strains
- Tendinitis
- Cartilage injury
- Arthritis
- Frozen shoulder

**Get Your Life Back with AgeWell Physical Therapy**

Give us a call today at (516) 488-8808  
or visit [www.AgeWellPT.com](http://www.AgeWellPT.com)

**Call (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!**



## HOW PHYSICAL THERAPY CAN HELP

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at AgeWell Physical Therapy & Wellness, P.C. will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

### Call Today To Find Effective Shoulder Pain Relief!

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical

therapist will work with you to ensure that both are achieved throughout your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. **Call AgeWell Physical Therapy & Wellness, P.C. today to find relief once and for all!**

Sources:  
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**Let's Get You Back To Feeling Your Best!**

Scan the QR code above or call us at (516) 488-8808 to schedule your next appointment!

# SEASONAL SUPERFOODS SPOTLIGHT

Every season brings a new selection of nourishing, whole foods. Though supermarkets typically have a vast selection of produce year round, there are some serious benefits to eating foods that are in season.

To start, food that's in season just tastes better– it's fully ripened and harvested at the perfect time– and you can taste the difference. Eating seasonal food is also better for the environment and can save you money!

*Check out this list of superfoods for the upcoming seasons:*

## Fall

- **Sweet potatoes and pumpkin:** These superfoods boast huge amounts of vitamin A– and excellent flavor too! Sweet potatoes specifically are rich in potassium, calcium, vitamin C, and antioxidants.
- **Cruciferous vegetables:** Vegetables in this category include turnips, collards, brussel sprouts, cauliflower, cabbage, and broccoli.
- **Pomegranates:** These fruits are rich in antioxidants and can actually boost brain function! Impressive, right?

## Winter

- **Kiwi:** These fruits are full of nutrients, vitamins, and minerals. In fact, there is more vitamin C in a kiwi than in an orange!
- **Pears:** There are many different types of pears, each with their own season, though the majority are available throughout the winter. Pears are high in vitamin C, antioxidants, and fiber.
- **Rutabaga:** These are a bigger, more nutritious relative of turnips that are in season from October to March. This vegetable is high in Vitamin C, Potassium, and fiber.



## WE NEED YOUR HELP!

Would you take a moment to share your AgeWell experience on our [Google Review page](#)? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!

## DON'T LET YOUR INSURANCE GO TO WASTE!

**Come see us and we will get you feeling better fast, at little to no out-of-pocket expense!**

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

***Let our family help your family get a head start going into 2023,  
before your deductible renews again!***



**Call (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!**