



PHYSICAL THERAPY CAN HELP
Frozen Shoulders

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Do you notice pain and stiffness in your shoulder? Has your shoulder suddenly become very hard to move? You may be experiencing a frozen shoulder and will benefit from having a physical therapist help you resolve your problem.

Our physical therapists are skilled at alleviating pain and restoring motion so you can get back to doing what you love!

Many different factors can lead to chronic shoulder pain. One of the most painful and debilitating conditions is a frozen shoulder, also known as adhesive capsulitis. Dealing with shoulder pain can make completing daily tasks nearly impossible. Often people sacrifice their quality of life due to the pain and limitations.

Adhesive capsulitis is a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually without a specific cause and worsen over time. Physical therapy can help relieve and even eliminate your problem!

If you're experiencing shoulder pain, contact MMA & Sports Rehab today. Our physical therapists will be able to do a full assessment, figure out if the source of your pain is a frozen shoulder, and help you get on the road to recovery.

(Continued Inside)

What to Expect From Physical Therapy

Frozen shoulder is a condition that develops when the tissue in your shoulder joint tightens and restricts movement. It is thought to be caused by inactivity that occurs after injury or alongside another shoulder problem, such as a rotator cuff injury, broken arm, or recovering from surgery.

The exact causes of a frozen shoulder are not fully understood. A few factors that may put you more at risk for developing a frozen shoulder include:

- **Diabetes**
- **Hypothyroidism and hyperthyroidism**
- **Parkinson's disease**
- **Cardiac disease**

Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder. Adhesions from the shoulder can become stiff or inflamed. Fortunately, physical therapy has been shown to help alleviate pain and mobility losses.

What to expect with physical therapy

At your consultation, one of our physical therapists here will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your mobility and strength.

There are three stages in the development of frozen shoulders:

- **Freezing:** In this stage, you gradually experience more and more pain. As the pain worsens, you start to lose range of motion.
- **Frozen:** This stage is characterized by motion loss, whereas the painful symptoms may improve. Daily activities are typically challenging during this phase.
- **Thawing:** Shoulder motion improves during this stage, and there is typically a complete return to normal or close to normal motion and strength.

It's pretty standard for patients to see our physical therapists in the freezing stage after they've already been experiencing

pain for a little over half a year or nine months. At this point, they're already in a lot of pain and pretty used to not being able to move their shoulders the way they'd like to.

Our comprehensive treatment plan will consist of targeted stretches and specific home exercises to speed up the recovery process and regain your motion, reduce your pain and restore any lost strength.

Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities like ultrasound, e-stim, and lasers. In addition, we take a hands-on approach using targeted manual therapy techniques like soft tissue work and joint mobilizations. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder. The quicker we can address your pain symptoms and range of motion deficits, the sooner you get back to doing what you love!

Contact MMA & Sports Rehab today!

If you have been experiencing recurrent or chronic shoulder pain, it is essential to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

Call us today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!

Sources:

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CALL TODAY! (703) 289-0388

My name is Christian I recently just graduated from Marymount university and I am currently on my last clinical rotation at MMA & Sports Rehab in Arlington. I joined the Air Force 2 weeks after high school. I was able to travel the world, work in support of the Vice President and President while getting paid. My military service also enabled me to get a majority of my schooling paid for. I am certified as an exercise physiologist through the American College of Sports Medicine and I

have a great passion for empowering people to utilize their movement system in the most efficient way possible. I desire, in the future, to work with Veterans with chronic pain as a result of orthopedic pathology. I'm extremely excited to be here and I am looking forward to the learning opportunities under the MSR staff!



Dr. Dani has completed "Differential Diagnosis & Multi-Modal Management of Upper & Lower Extremity Spine Related Pain Syndromes" by Spinal Manipulative Institute.

Patient Success Story

There was a promise between Ms. Kimberly and Dr. Ujjwal! Exactly a year ago she had a very serious knee surgery to take out multiple tumors from her right knee which made her unable to walk or bend her knee. She worked hard every single minute and every single day, getting range of motion and getting day by day stronger. During one treatment session, Ms. Kimberly said I love to run stairs at Lincoln Memorial exactly at a year anniversary and Dr. Ujjwal said - "I will run behind you and I will promise you - we will run that day". Today is that day. So proud of her positive energy and perseverance- May god bless her! We love you Ms. Kimberly and you are a great inspiration to all!



- MMA & Sports Rehab Family

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