



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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RETURN TO RUNNING FOLLOWING AN INJURY


Running is a popular activity with frequent incidences of chronic and acute injuries. After an injury it may be necessary to reduce tissue stress for a short time and focus on retraining of surrounding structures or muscles. The length of rehab varies greatly based on the type of injury sustained. Return to running should involve a progressive program with special attention given to one's run to walk ratio. We have a great blog this month to help coach you back to running and give you some guidance on how to work back into running without causing injury or pain.



AROUND THE CLINIC:

Summer is here, technically June 21st is the first day of summer, but it has already been getting HOT! Here are some tips on staying active and safe during the heat waves of summer.

- Wear light, moisture wicking clothing
- Avoid exercise during the heat of the day, between 10 am and 3 pm, when possible
- Always take plenty of water and drink often
- Use sunscreen when being in the sun for longer than 1 hour
- Listen to your body; if you feel dizzy, lightheaded, nauseous, or tired, take a break and find some shade, or call it a day and get inside.

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Spotlight Diagnosis of the Month

Diagnosis: Shoulder Impingement

What is it: Impingement refers to shoulder pain caused by a compression of the structures contained within it. In the case of the shoulder, the compressed structure is the rotator cuff. There are four rotator cuff muscles that attach to the scapula (shoulder blade) and to the humerus (arm bone). The path these muscles take is under the clavicle (collar bone) and acromion (top of the shoulder blade) and above the humerus. This is already a tight space, and several factors can make this space tighter, causing compression of the rotator cuff and shoulder pain.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

There can be several different mechanisms responsible for shoulder impingement. Poor muscular strength, or activation in the muscles, that attach to the shoulder and shoulder blade can cause impingement. Impingement may also be caused by looseness or tightness in the ligaments that make up the shoulder joint capsule. This causes poor scapulohumeral rhythm (scapula- shoulder blade, humerus- arm bone), as the shoulder and shoulder blade are unable to move in sync properly. Abnormal shape of the acromion (top of the shoulder) can also cause impingement, as a differently shaped bone can decrease the space that the rotator cuff moves through.

Impingement is often a gradual development with no acute injury to bring on the symptoms.

Common Symptoms:

- Pain when lifting overhead in mid-range of the motion (60-120 degrees)
- Sudden pain with throwing, reaching overhead, across the body, or behind the back
- Loss of strength or motion
- Night pain/achiness

How PT can help:

Physical therapy (PT) treatment involves strengthening weak muscles and improving scapulohumeral rhythm, or proper movement of the shoulder and shoulder blade. Treatment also includes stretching tight muscles or ligaments that contribute to impingement, as well as identifying poor movement patterns causing impingement. Overall, this leads to decreased pain and increased function!

Appointment reminders:

We have transitioned to electronic appointment reminders. A text message will be sent to the cell phone number we have on file. You will also receive an email for your appointment reminder to the email we have on file. Please assist our office and confirm your appointments. If you are not receiving these reminders or have questions, please stop by the front desk to ensure we have all of your up to date contact information.

