

# Results Testimonial



“My left shoulder was hurting so much that I could not carry a coffee cup. My doctor referred me to PT. The therapy was difficult, but I did all of my therapy that was suggested at home (homework). It paid off. Every visit I had continued success. It was amazing how therapy has helped- within weeks- I am stronger. I am much more conscious of my posture and the pain is gone. I have strength back in my left shoulder and I am feeling great. My original pain was in the shoulder and bicep. All pain is gone and I will continue to do the exercises at home to keep the pain away... Life is good. Thank you Mary Lou.”

-P.B.

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So, what is the secret to physical therapy’s success with treating shoulder pain? It turns out there’s not just one secret, but seven. According to a recent report, physical therapists assist and educate patients in seven key areas: exercise intensity and pain response, activity modification advice, posture advice, pain self-management advice, pathoanatomical and diagnosis information, behavioral approaches, and pain biology advice.<sup>3</sup> This truly comprehensive approach yields clear results.

If you have patients struggling with shoulder pain, consider reaching out to our office. By combining our methods and working together, we can dramatically improve your patients’ quality of life and help them become pain-free.



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# Physician Update

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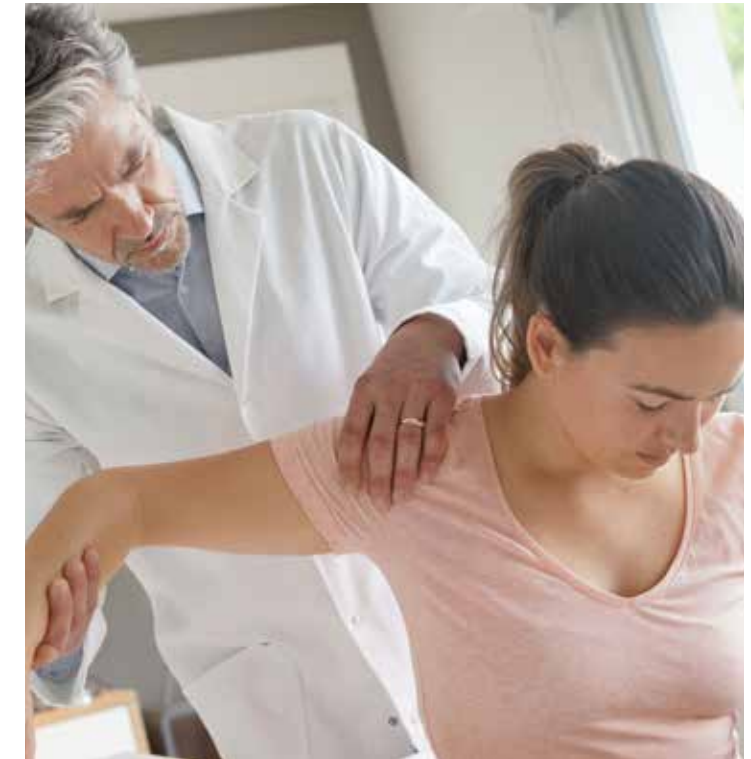
## The 7 Secrets to Treating Shoulder Pain *Why Physical Therapy Succeeds Where Other Methods Fail*

Every year, millions of people suffer from shoulder pain. This common affliction has dozens of causes, including rotator cuff issues (tears, irritation, or tendinitis), swimmer’s shoulder, and arthritis. Shoulder pain impacts teens and adults of all ages, though it’s most prevalent in adults in their 40s.<sup>2</sup>

As you’d imagine, constant pain has a detrimental effect on a person’s quality of life, keeping them from performing basic tasks like doing dishes, mowing the lawn, and playing with their children or grandchildren. Despite its commonality, shoulder pain can be tricky to treat — overuse, underuse, and injury can all bring it on, and it has a nasty habit of returning again and again.

One proven method for treating stubborn shoulder pain is physical therapy. In fact, physical therapy and manual therapy with mobilization have been called the only truly effective treatments for shoulder, neck, and back pain.<sup>6</sup> Corticosteroid injections, extracorporeal shockwave therapy (ESWT), and surgery are also options, but they’re often not as effective and should be reserved only for extreme cases. A systematic review comparing physical therapy to other treatments of subacromial shoulder pain found that “there was moderate evidence of no effect for other commonly prescribed interventions, such as laser therapy, extracorporeal shockwave therapy, pulsed electromagnetic energy, and ultrasound,” while “a strong recommendation can be made for exercise therapy as the first-line treatment to improve pain, mobility, and function.”<sup>5</sup>

More specifically, a survey of 11 studies with 726 total patients found that “corticosteroid injection did not reduce pain intensity in adult patients with rotator cuff tendinosis more than a placebo injection at the 3-month assessment,” and that any relief was “transient” and “mild.” It also revealed multiple injections weren’t more effective than single injections.<sup>4</sup>



The outcomes of surgery are also often dissatisfactory, which can have a detrimental effect on patients’ mental health. One cross-sectional study found that compared to those with hip pain, which is more reliably alleviated by surgery, “patients with shoulder pain were significantly more burdened by problems regarding their quality of life, depression, anxiety, concern, and somatoform disorders.”<sup>1</sup>

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