

WHAT'S CAUSING YOUR SHOULDER PAIN?



MSR has been selected as one of the top six for Best Physical Therapists in Arlington. MSR has been selected by Expertise.com as the best physical therapist in Arlington for four years in a row!

INSIDE:

- Common Causes of Shoulder Pain
- Healthy Recipe: Strawberry Smoothie
- Clinic News
- Benefits of Dark Chocolate



WHAT'S CAUSING YOUR SHOULDER PAIN?

CHECK US OUT!

We have new great exercise videos on our social accounts!

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Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pains, contact MMA & Sports Rehab today!

Understanding your shoulder pain:

Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

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

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

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Common Causes of Shoulder Pain

Strains and sprains.

A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.

Torn cartilage.

When a cartilage tears, you may experience a number of painful symptoms. You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.

Dislocation.

Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.

Arthritis.

Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.

Tendinitis.

Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.

Frozen shoulder. Medically referred to as "adhesive capsulitis," frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while. When you don't have opportunities to exercise the shoulder, the tissues can stiffen up on you, thus causing this painful condition to occur.

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Healthy Recipe: Strawberry Smoothie



- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1 tbsp hemp seeds
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1/2 cup ice

In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, and orange juice. Blend until completely smooth, adding more honey if needed to sweeten. Pour into a tall glass. Rinse the blender out. Combine the beets, raspberries, orange, and pomegranate juice. Blend until smooth and creamy, adding more pomegranate juice if needed to reach your desired consistency. Pour over the mango mixture and stir gently to swirl.

Exercise Essentials

Try this movement if you are experiencing pain.

Helps Relieve Shoulder Pain



WAND SHOULDER FLEXION

Lying on your back and holding a wand, palm face down on both sides, slowly raise the wand towards your overhead. Repeat 5-10 times.



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Meet the Team | Jon Phuong



Jon Phuong, PT-Tech, Social Media Expert

Grew up in Charlottesville and Waynesboro, Va. Graduated from Wilson Memorial High School in 2011 and attended Piedmont Virginia Community College for a couple years obtaining an Associate's in General Studies. Moved to Springfield in 2018 to attend NVCC for the PTA program and will graduate in May 2021 with a Physical Therapist Assistant Associate's in Applied Science degree.

Life long martial artist studying Tae Kwon Do during younger years, Jow Ga kung fu, freestyle wrestling for 4 years in high school and 2 years in college, and currently Muay Thai at Lotus Thai Boxing. My spare time is consumed by video games, true crime and other podcasts, spending time with friends and family, and more PT studies.



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Benefits of Dark Chocolate



A bar of dark chocolate is actually more nutritious than you may think. If it has a high cocoa content, then it will also contain a good amount of soluble fiber and minerals. Perhaps one of the most important benefits of dark chocolate is that it can help relieve pain – seriously! The improved blood circulation that dark chocolate brings is a natural pain relief remedy. When blood is circulating efficiently through the body, it prevents muscles from becoming tight and resulting in discomfort. The act of eating chocolate also releases several “feel-good” hormones in your body, which naturally eases pain. So, you get the benefits of feeling good eating a sweet treat AND relieving pain in your body!

Clinic News!



Happy new year from Dr. Shakya and MSR family

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