



PHYSICAL THERAPY CAN HELP YOU RECOVER FROM A **ROTATOR CUFF INJURY**

Imagine waking up one morning, eager to start your day, but as you attempt to brush your teeth, the pain in your shoulder sends a searing wave of discomfort through your entire arm. Suddenly, the simplest tasks become challenging.

This scenario is all too familiar for individuals dealing with rotator cuff injuries, which can severely limit daily life functions. However, there is hope in the form of physical therapy — a proven and effective way to regain strength, mobility, and overall shoulder function.

At PacificPro Physical Therapy & Sports Medicine, our physical therapists are highly trained and understand how important resolving your shoulder pain is. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

Contact our skilled team of physical therapists today and get started on your road to recovery!

The Impact of a Shoulder Injury

Rotator cuff injuries can disrupt your life in many ways, affecting your physical abilities and overall well-being. Some common limitations and challenges individuals face due to shoulder pain include:

- **Painful Movements:** Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.
- **Sleep Disturbances:** Many people with shoulder injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.
- **Limited Range of Motion:** Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.

- **Loss of Strength:** Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from PacificPro Physical Therapy & Sports Medicine can be a game-changer!

The Role of PacificPro Physical Therapy & Sports Medicine in Your Recovery

When you consult a physical therapist for a rotator cuff injury, the initial evaluation is a critical step in the recovery process. Here's what you can expect:

Your physical therapist will start by discussing your medical history, including the onset and nature of your shoulder pain, any previous injuries, and your overall health.

A thorough physical examination follows, focusing on the affected shoulder. This includes assessing your range of motion, strength, and any signs of inflammation or instability. To understand how your injury impacts your daily life, your therapist will assess your ability to perform essential tasks like reaching, lifting, and dressing.

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NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

HEALTHY RECIPE



Whip up frozen bananas into an "ice cream" without the cream!

PEANUT BUTTER BANANA ICE CREAM

Ingredients

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

Directions: Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: <https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/>

EXERCISE TO TRY AT HOME

This exercise can help strengthen your shoulder.

SHOULDER EXTERNAL ROTATION STRETCH (TOWEL)

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.



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Based on the evaluation findings, your physical therapist will provide a diagnosis and work with you to establish clear goals for your rehabilitation.

Next, your therapist will design a program tailored to your unique needs, including:

- **Manual Therapy:** Physical therapists often use manual therapy techniques, including joint mobilizations and soft tissue mobilizations, to alleviate pain and improve shoulder mobility. These techniques have been shown to reduce pain and enhance range of motion in individuals with rotator cuff injuries.
- **Therapeutic Exercises:** A customized exercise program is a cornerstone of rotator cuff rehabilitation. Therapists prescribe exercises that target specific muscle groups, gradually improving strength and function.
- **Home Exercise Programs:** Physical therapists provide patients with home exercise programs to promote continuity of care. Consistent adherence to these programs can improve rotator cuff rehabilitation outcomes.
- **Patient Education:** Understanding the injury and learning how to prevent future problems is crucial. Our physical therapists educate patients about proper shoulder mechanics, posture, and ergonomics to reduce re-injury risk.

As you continue to progress in your recovery, functional training becomes vital. Tasks like lifting, reaching, and carrying are integrated into the rehabilitation program to ensure you regain your ability to perform daily activities without pain or limitation.

Taking the First Step Towards Recovery

If you're dealing with the challenges of a rotator cuff injury, don't let it limit your life any longer. Seek the expertise of one of our highly skilled physical therapists who can provide a personalized treatment plan based on your unique needs and goals.

Your path to regaining strength, mobility, and a pain-free shoulder begins with a simple but crucial step: reaching out to us today!

Don't wait — start your journey towards recovery today!



[Request an Appointment](#)

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Boost Your Game with Injury Prevention Tips!



At PacificPro Physical Therapy & Sports Medicine, we are totally focused on helping athletes like you get back on track if you've had a recent injury. We check out what's causing any aches or trouble moving so we can figure out the best way to help you.

We'll also guide you through the steps to prevent injuries and ensure you are getting stronger and ready to return to the sport you love so much.

Start Your Recovery Today

- **Sleep:** Getting plenty of sleep is a big deal. Studies show that good sleep can help prevent injuries.
- **Strength Training:** This is a great way to build strong muscles that can help keep you safe while playing.
- **Nutrition:** Eating balanced meals is essential for staying healthy and avoiding injuries.
- **Hydration:** Drinking enough water is critical for helping you recover and keeping injuries away.
- **Avoiding Fatigue:** Making sure not to overdo it and giving yourself breaks is vital to stay away from injuries.

Our goal is to help you return to your training and competition, using targeted exercises that help prevent any injuries. We're here to help you face your sport's challenges with more strength and confidence!

[Request an Appointment](#)



PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE

Patient Success

"To say that I recommend this place is an understatement."

"I saw the good online reviews and decided to give them a try. Came to this clinic following shoulder surgery for a sports injury. The clinic is full of down to earth, honest, and hard working staff. There is a sense of calm that they emanate which gets transferred to the patients who come here, including my injured, anxious self. I wondered if I could ever return to my previously active lifestyle following surgery and Laurie and Peter guided me with their sage wisdom. Both are excellent physical therapists who know when to keep me in my lane when I am overexerting myself and when to give me a motivating push when I am feeling uneasy or stagnant in my progress. They got me back to where I was prior to my injury and I am now equipped with their teachings on how to maintain my progress and prevent future injuries. To say that I recommend this place is an understatement. Also shout out to all the wonderful aides." —Tae Jin P., *Irvine clinic*

Share Your Success Story

Thank you!

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Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

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