

N E W S L E T T E R

SHOULDER, ELBOW, AND WRIST PAIN

*WHERE IS IT
COMING FROM?*

INSIDE:

- Getting a Handle on Shoulder, Elbow, and Wrist Pain
- 3 Natural Ways to Beat Spring Allergies
- Exercise Essentials
- Arugula, Grape, & Sunflower Seed Salad

It's time to say goodbye to shoulder, elbow, and wrist pain once and for all. Identifying the cause of your pain and taking steps to combat ill habits that may be contributing to your discomfort can have a significant impact on your quality of life. Wave goodbye to pain in your hands, shoulders, elbows and wrists with targeted techniques from your experienced physical therapists.

(continued inside)





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**What Is Causing the Pain?**

Think about the tasks that make up the majority of your day-to-day life. It is often said that life in the 21st century is way easier on the body than life during any other time in human history – and it's true that there is a fair amount of evidence to support this idea. Rather than spending all of your days working in a factory or on a farm, the vast majority of Americans work indoors, often at a computer for a predetermined number of hours week after week. But this new lifestyle isn't exactly harmless for the body, either.

There are plenty of ways in which the common tasks of 21st-century life put the body under a great deal of stress. Sedentary lifestyles frequently contribute to weight gain, which increases your risk for a long list of obesity-related diseases. This puts additional stress on your body, which could result in pain in crucial joints like your shoulders, elbows and yes, even your wrists. But even aside from that, there are a lot of potential issues that your body can face as a result of sedentary behavior in the workplace – including shoulder, elbow, and wrist pain.

Shoulder, elbow, and wrist injuries are especially common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to

recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place.

Common issues that can lead to shoulder, elbow, and wrist pain include:

- Issues with poor posture
- Carpal tunnel syndrome, which can develop from overuse of the wrist and regular, repetitive motions, such as typing
- Heavy lifting
- Athletic injuries
- Muscle sprain
- Muscle strain
- Dislocation or hyperextension of the joints

Stop letting pain get in the way.

Give us a call today at (501) 781-2701 or visit
www.JEPhysicalTherapy.com to schedule your appointment!



GETTING A HANDLE ON SHOULDER, ELBOW, AND WRIST PAIN

One of the biggest concerns regarding pain in the shoulder, elbow, and wrist is that it is difficult to impossible to actually allow these parts of the body time to rest. Every movement and action requires these body parts – and when the pain develops in both arms, as it often does, treating the pain becomes even more complicated. It is impossible to care for your basic needs without involving your shoulder or wrist, let alone get through a day at the office.

This is why so many issues regarding pain in the shoulder, elbows, and wrists typically become chronic. Since it is difficult to allow these body parts time to properly rest, they continue being overused and the pain can actually worsen.



ROTATOR CUFF WORKSHOP

March 25th at 6:00PM

It is completely free!

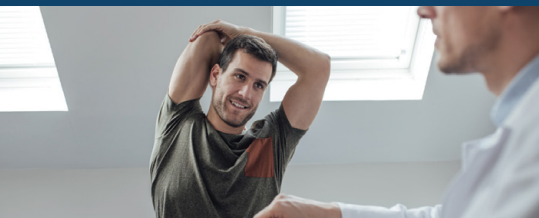
Presented by Rob Jordan and Megan Whitehead.

The shoulder and rotator cuff workshop includes a thorough explanation with a live examination of a member of the audience to address the most common problem areas and cause of shoulder pain: Rotator Cuff (4 muscles in your shoulder), Shoulder Blade, and Neck and Upper Back.

[Click here to register!](#)



Scan the QR code
to register!



Treating Shoulder, Elbow and Wrist Pain.

Addressing the pain early on is the best way to prevent an issue from becoming chronic. Turning to medication and braces for pain management is not a long-term solution and will only push off the inevitable truth – that you need to find a solution for the problem that is causing you pain.

Physical therapy is the ideal tool for support in this regard. Working with a physical therapist will provide you with an opportunity to understand what movements may be causing further discomfort, and can help you to strengthen the surrounding muscles while improving range of motion, which together will likely alleviate some of the pain associated with your injury.

Don't assume that pain in your shoulder, elbows, or wrists will go away on its own. It is more common for the pain to worsen, and compensating for the pain by overusing the opposite arm can cause further injury to develop. For support with learning how to manage the pain, and to learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists, contact your physical therapist.

Call us at (501) 781-2701 to schedule an appointment
or visit www.JEPhysicalTherapy.com today!

EXERCISE ESSENTIALS

Helps Stretch Wrist



WRIST FLEXION

Sit or stand with good posture. Make a fist, flex your fist up.
Repeat 6 times with each wrist.



CALL TODAY!

3 NATURAL WAYS TO BEAT SPRING ALLERGIES



Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.

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HEALTHY RECIPE

ARUGULA, GRAPE, & SUNFLOWER SEED SALAD



- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

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REFER A FRIEND!

WHO DO YOU KNOW THAT NEEDS OUR HELP?

THE FIRST 5 PEOPLE TO REFER A FRIEND OR FAMILY MEMBER TO
JOINT EFFORT WILL RECEIVE A **\$20 WALMART GIFT CARD!**

- Move Without Pain
- Bend & Move Freely
- Balance Confidently
- Stand Comfortably
- Run & Walk For Longer Distances
- Live An Active Lifestyle

If you know someone that may be able to benefit from physical therapy, please pass along this newsletter or have them call us directly to schedule an appointment.

**Referred friend/family member must become a patient for you to qualify*