

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



Have you noticed your shoulder is sore and not working like it used to? Have you been told you have a rotator cuff injury? Whether you have a sore shoulder or just had surgery to repair a tear, our team at Peak Orthopedic Physical Therapy can help you recover from any rotator cuff problem and get back to using your arm and doing what you love!

The rotator cuff is the group of four muscles and their tendons that surround your shoulder joint. These muscles are responsible for keeping the shoulder joint stable. Sometimes, the rotator cuff can become torn or injured due to an accident/trauma or repetitive overhead motions performed in sports or jobs.

The risk of injury increases with age but can also occur in younger people. Older adults can injure the rotator cuff when they fall on or strain with a sudden shoulder movement.

Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries. When left untreated, a rotator cuff tear can cause severe pain and decrease the ability to use the arm.

Call Peak Orthopedic Physical Therapy to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

HOW TO KNOW IF YOU'VE INJURED YOUR ROTATOR CUFF

When you suffer a rotator cuff injury, one or more muscles stop working correctly. Those who experience rotator cuff injuries often report a dull ache deep in their shoulder with a sense of weakness and/or pain reaching to the side and behind their back. One of the most common complaints is disturbed sleep due to pain.

Not everyone with a rotator cuff tear experiences pain or loss of motion and strength. Similarly, not everyone with shoulder pain has a rotator cuff tear!

The most common symptoms of a rotator cuff tear include:

- Shoulder pain on the side or back of the shoulder
- Loss of motion
- Decreased strength and mobility of your shoulder
- Decreased stability when lifting your arms overhead, including a giving way sensation

Our physical therapists can assess your shoulder and help you determine if you need surgery or not. So, if you have shoulder pain, check with your PT to get an idea of how your shoulder is moving and functioning and the steps you can take to resolve your problem.

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HOW PHYSICAL THERAPY CAN HELP

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where therapy treatments can work just as well (if not better) than surgery. When surgery is needed, physical therapy plays a significant role in recovery. Patients who undergo physical therapy within the first three months of surgery have substantial improvements in pain and function compared to patients who did not get physical therapy.

Often nontraumatic rotator cuff tears respond very well to therapy alone, but when surgery is required, a therapist will monitor and guide the patient's progress based on the surgeon's recommendations.

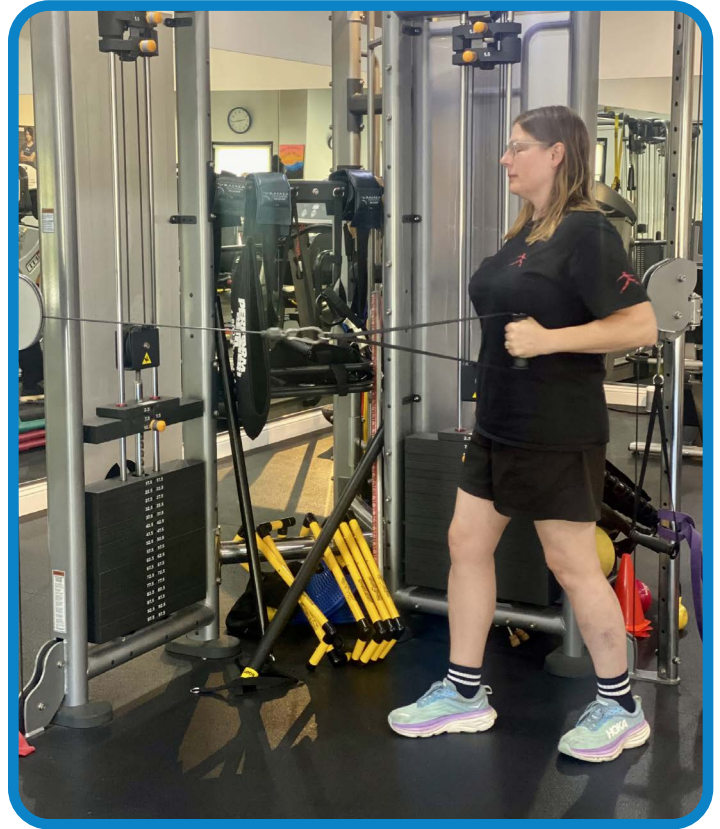
Regardless of the type of injury, the beginning of physical therapy will involve gaining motion in the shoulder through progressive range of motion exercises. In addition, our therapists will use different treatments to help manage pain, including strategies for the safe performance of daily activities and sleeping positions to ease pain at night. As your condition improves, strengthening can begin.

Typically your therapist will progress you through isometric exercises, progressive resistive exercises, and eventually dynamic activity/sports-specific strengthening exercises. The goal is to ensure your shoulder can handle the stresses of your hobbies, sports, and work.

WHAT TO EXPECT IN PHYSICAL THERAPY

Your initial appointment will consist of an evaluation to determine what course of treatment will be best for your needs. If surgery is needed, your therapist can help you prepare for your surgery and help you after to ensure you get the results you are looking for.

Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, rotator cuff strengthening, shoulder blade stability exercises, and overall function of the affected shoulder.



At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan. When you visit a physical therapist to treat your rotator cuff tear, you can expect to engage in active exercises that are proven to be the best course of care for a rotator cuff injury.

CALL TODAY TO SCHEDULE AN APPOINTMENT

At Peak Orthopedic Physical Therapy, we use specialized techniques to help improve the way your shoulder moves and functions. Our dedicated therapists will provide you with some much-needed relief and get you started on your path toward recovery! If you are suffering from a rotator cuff injury, contact us today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5040201/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6243427/> • <https://www.sciencedirect.com/science/article/abs/pii/S1058274618307328> • <https://www.sciencedirect.com/science/article/abs/pii/S105827462030906X>

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OUR PATIENTS GET RESULTS



"I had right shoulder surgery for a labrum tear and rotator cuff bursitis. My range of motion was very limited and it was painful to move. I came to Peak Ortho PT and Dina and Koa knew exactly where I

was and began treatment. They alleviated pain and stretched me to gain range of motion. The treatment plan and home exercise program were very effective. I truly believe that Dina has the healing hands/power to improve both my pain management and range of motion. The rest of the team including the admin and trainers were effective and kind. I am very grateful that I got to be treated by Dina and Koa." — K.J. Nam

STAFF SPOTLIGHT



Scott Lockwood, PT

Born and raised in the south bay area, Scott earned his Physical Therapy degree from Cal State Long Beach. He has been a physical therapist for 25 years with experience in multiple areas including hospital, acute rehabilitation, hospital-based outpatient, and private practice setting. Scott combines his years of experience with his own personal experiences of having physical therapy himself rehabbing sports injuries and surgeries to help his patients through the ups and downs of the rehabilitation process. When not at work Scott enjoys watching his twins play soccer as well as the ups and downs of being a Raiders fan.

HEALTHY RECIPE

Lemon Asparagus Pasta



For the asparagus

- 1 lb thin asparagus spears, cut into 2" pieces
- 1 tbsp olive oil
- ½ tsp kosher salt
- Fresh ground black pepper
- 1 lemon (zest from half, plus slices from the other half)

For the pasta

- 8 oz fettuccine
- ¼ cup olive oil
- 2 cloves garlic, grated
- ½ tsp dried oregano
- ¼ tsp red pepper flakes
- ¼ c Parmesan shavings
- 2 tbsp panko
- ¼ c fresh basil leaves

Directions: Preheat the oven to 425 degrees Fahrenheit. **Roast the asparagus:** Cut off the tough bottom ends of the asparagus and cut it into 2" pieces. Add the stalks to a foil-lined baking sheet. Drizzle the asparagus with the olive oil, and add the kosher salt and a few grinds of black pepper. Slice the lemon in half crosswise. Thinly slice 4 wheels from one half of the lemon, then add them to the baking sheet. Zest the other half of the lemon, sprinkle it onto the asparagus and mix with your hands to coat. Bake 10 to 15 minutes, until tender when pierced by a fork at the thickest part. The timing will depend on the thickness of the asparagus spears. **Cook the pasta:** Meanwhile, bring a salted pot of water to a boil and cook the pasta to al dente. Do not drain. In the serving bowl, stir together the olive oil, oregano, grated garlic and chilis. When the pasta is done, use tongs to transfer the pasta from the boiling water into the bowl with the oil mixture without draining. Toss with the olive oil mixture until coated. Add the roasted asparagus and toss. Top with the Parmesan shavings and panko. Add basil leaves and serve immediately.

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