

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

Backpack Basics

Clinics

**Orthogo Physical &
Aquatic Therapy**
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CONSERVATIVE CARE FOR THE PAINFUL SHOULDER

Twenty-two to 46% of those who see a doctor for shoulder pain report a history of shoulder pain. By nature, shoulder pain is a chronic problem. However, there is hope for those who would like pain relief and a better quality of life.

In a study published in the August, 2004 issue of Archives of Physical Medicine and Rehabilitation, they concluded that long-term relief can be obtained with conservative care.

Physical therapists provide the type of care that was used in this study. In this study of 82 patients, exercise, joint mobilization (hands-on techniques), and electrical stimulation were used. Cortisone injection was provided to 33 patients but was the preferred treatment for just 17 of the 82 subjects. The rest were treated with physical therapy techniques.

On follow up, 60 of the 82 patients had no pain with reaching. Pain relief was also significant. Patients reported that there was a 35% improvement in pain with most of the subjects having no pain at all. The remaining 22 still had some pain. There are the tools that physical therapists can offer you.

Conservative physical therapy techniques can provide significant, long-term pain relief to a high percentage of those suffering from chronic shoulder pain.

If you or someone you know suffers from chronic shoulder pain, have them give us a call.

I CAN'T FIND A GOOD WEBSITE - QUALITY MEDICAL INTERNET LINKS

The Internet is full of billions of pages of information. It is easy to get lost. How can you believe what you read? One physician stated that his patients come in with "mis-information from the Evil Internet." We would like to provide you with some reliable websites that are known for their quality of information. Here are their links:

<http://www.apta.org>

Click On or Type the URL above into your browser address bar

<http://www.arthritis.org>

Click On or Type the URL above into your browser address bar

<http://www.aaos.org>

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DOWNLOAD OF THE MONTH: THREE EXERCISES YOUR SHOULDER CAN'T DO WITHOUT

Click here to get this program

<http://www.ptclinic.com/downloads/2-5.pdf>

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With this or any exercise program, please consult your physical therapist or physician first.



"There is hope for those who suffer from chronic shoulder pain..."