



## NEWSLETTER

# SHOULDER, ELBOW AND WRIST PAIN, WHERE IS IT COMING FROM?

## INSIDE:

- Getting A Handle On Shoulder, Elbow, And Wrist Pain
- Shredded Crockpot Chicken Tacos
- Patient Success Spotlight
- Covid-19 Update

**WE'RE BACK  
TO NORMAL  
HOURS!**

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)*





# N E W S L E T T E R

ATTENTION  
CURRENT  
PATIENTS:  
CONTACT US  
FOR HOME  
EXERCISES!

## SHOULDER, ELBOW AND WRIST PAIN, WHERE IS IT COMING FROM?

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*(continued from outside)*

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



# 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.

## 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.

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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.

## SHREDDED CROCKPOT CHICKEN TACOS



### INGREDIENTS

- 4 boneless skinless chicken breasts
- 2 jars of picante sauce

### INSTRUCTIONS

Place chicken in crockpot, cover with picante sauce, cook on low for 6 to 8 hrs. Remove, shred and drain. Place in flour or corn tortilla and top with your favorite taco toppings and enjoy!

## EXERCISE ESSENTIALS

Helps Lower Back Pain



### CORRECT SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



**CALL OR TEXT TODAY!**

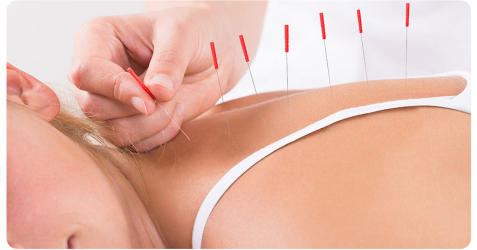
## PATIENT SUCCESS SPOTLIGHT

***"I WENT INTO THEIR CLINIC FOR A KNEE PROBLEM AND AFTER ONE SESSION, MY KNEE PAIN HAS DECREASED. I HIGHLY RECOMMEND BALANCE IN MOTION!"***

"I was very pleased with the knowledgeable and kind therapists. I went into their clinic for a knee problem and after one session, my knee pain has decreased. I highly recommend Balance In Motion!" - S.D.



## BENEFITS OF ACUPUNCTURE



According to Chinese philosophy, the body contains two opposing forces: yin and yang. When these forces are in balance, the body is healthy. Energy, called Qi (pronounced "chee"), flows like rivers along pathways, or meridians, throughout the body. This constant flow of energy keeps the yin and yang balanced. However, the flow of energy can sometimes be blocked, similar to the flow of a river being slowed by a dam. This disruption in the flow of energy can lead to illness.

Approximately 500 different acupuncture points lie along the body's meridians. The idea behind acupuncture is that stimulating these points with acupuncture needles or pressure relieves obstructions in the flow of energy, enabling the body to heal.

The needles used are hair-thin and are designed not to cut the skin. These very fine needles are gently inserted and are in no way like having medical injections.

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## COVID-19 UPDATE

**WE ARE NOW BACK TO OPERATING ON  
NORMAL BUSINESS HOURS!**

Our staff is taking extra steps to ensure the cleanliness of the clinic space upon our reopen. You may notice some changes that we have implemented to protect our patients and staff.

Currently, we are encouraging patients to *stay home if you are not feeling well*. Otherwise, we are now open again for normal business hours.

*If you have any questions about your appointments,  
please reach out to us.*

We are following the recommendations of the CDC. It is very important for our patients to understand that you need to get your information from reliable sources. We do NOT recommend that you trust any information posted on social media. This includes re-posts of articles. Always seek out information directly from the source.

**(347) 535-5354**

## COUPON CORNER

**FREE 15 MINUTE CONSULTATION**



**BALANCE IN MOTION**  
Physical Therapy · Chiropractic · Medical Massage

**CALL/TEXT TO SCHEDULE TODAY!**

**(347) 535-5354**

Offer valid for the first 20 people to schedule.  
Expires 11-30-20