

# NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



**WE'RE OPEN!**

## HOW PT CAN HELP YOU RESOLVE SHOULDER PAIN

**ALSO INSIDE** COMMON CONDITIONS THAT CAUSE SHOULDER PAIN  
HEALTHY RECIPE • PATIENT TESTIMONIAL

# N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

## HOW PT CAN HELP YOU RESOLVE SHOULDER PAIN

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy.

At Atlanta Human Performance, we have the solutions that you are looking for!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call Atlanta Human Performance today to schedule an appointment with one of our Doctors of Physical Therapy so we can help you get back to your daily life, free of shoulder pains!

### UNDERSTANDING YOUR SHOULDER

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

**The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.

**The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.

**The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure — however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

### COMMON CONDITIONS THAT CAUSE SHOULDER PAIN

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpccpt.com](http://www.ahpccpt.com).

**ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**

# FIND THE RELIEF THAT YOU DESERVE!

- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

## HOW PHYSICAL THERAPY CAN HELP

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A Doctor of Physical Therapy with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at Atlanta Human Performance will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your Doctor of Physical Therapy will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

## CALL TODAY TO FIND EFFECTIVE SHOULDER PAIN RELIEF!

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your Doctor of Physical Therapy will work with you to ensure that both are achieved throughout your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. Call Atlanta Human Performance today to find relief once and for all!



## Who Do You Know That Needs Physical Therapy?

### Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



## PUMPKIN SOUP

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT [WWW.AHPCPT.COM](http://WWW.AHPCPT.COM) OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH ATLANTA HUMAN PERFORMANCE CENTER TODAY!

# IMPROVE YOUR CHILD'S NUTRITION

We all want the best for our children, and encouraging a healthy diet starts with us. Here are a few ways you can start improving your child's diet as soon as today!

## Don't buy soda

Soda has a huge amount of sugar, making it harmful to your children's overall health. These drinks should be avoided as much as possible, and the best way to do that is by simply not having them in the house.

If you're an avid soda drinker, this lifestyle change could also benefit you! Replacing sugary drinks with refreshing water does wonders for your health and will help your child for years to come.

## Select whole grains

Choosing whole-grain rice, bread, and pasta is one of the easiest ways to improve your child's diet. When flour is bleached to make white flour, a significant portion of vitamins and nutrients are lost. Whole grains keep these nutrients and contain more fiber as well.

## Increase their fruit and vegetable intake

Many children and adults alike struggle to get enough fruits and vegetables in their diet. One way to increase your child's fruit intake is to add fruit to their water. Vegetables like kale and spinach might not be their favorite plain, so try adding them to fruit smoothies with peanut butter as a protein.



# OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

# HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

# OUR PATIENTS LOVE US!

"Black owned and operated this center is best to help your loved one recovery if they need physical therapy. Patients need financial assistance all the time so check them out and donate! It's a really great facility!"

5-Star Google Review



Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



[www.ahpct.com](http://www.ahpct.com)



## PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT, CEO/Director of Atlanta Human Performance Center

### Shoulder Tips

1. Always warm up. Break a slight sweat before you stretch.
2. When stretching, work on flexibility. Complete corner shoulder stretches first, progress to bar hangs, and end with pendulum exercises.
3. Increase strength in moderation...with progressive resistive exercises, start with bands for beginners then progress to dumbbells and weight machines or calisthenics.
4. Concentrate on form or good technique. Do not focus on the weight. It is better to lift lighter weights with proper form than heavier weights with poor form. Lift slow and purposeful and exhale on execution.
5. Ice after a hard workout.
6. Consult a Doctor of Physical Therapy if pain commences or persists.

