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# PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS!

Read more inside on What To Expect With Physical Therapy,  
What Are The Best Sleeping Positions, and Don't Let Your Insurance Go To Waste!



## PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS!

Do you notice pain and stiffness in your shoulder? Has your shoulder suddenly become very hard to move? You may be experiencing a frozen shoulder and will benefit from having a physical therapist help you resolve your problem.

At Amber Hill Therapy Centers, our physical therapists are skilled at alleviating pain and restoring motion so you can get back to doing what you love!

Many different factors can lead to chronic shoulder pain. One of the most painful and debilitating conditions is a frozen shoulder, also known as adhesive capsulitis. Dealing with shoulder pain can make completing daily tasks nearly impossible. Often people sacrifice their quality of life due to the pain and limitations.

Adhesive capsulitis is a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually without a specific cause and worsen over time. Physical therapy can help relieve and even eliminate your problem!

If you're experiencing shoulder pain, contact Amber Hill Therapy Centers today. Our physical therapists will be able to do a full assessment, figure out if the source of your pain is a frozen shoulder, and help you get on the road to recovery.

### What Is A Frozen Shoulder?

Frozen shoulder is a condition that develops when the tissue in your shoulder joint tightens and restricts movement. It is thought to be caused by inactivity that occurs after injury or alongside another shoulder problem, such as a rotator cuff injury, broken arm, or recovering from surgery.

**The exact causes of a frozen shoulder are not fully understood. A few factors that may put you more at risk for developing a frozen shoulder include:**

- Diabetes
- Hypothyroidism and hyperthyroidism
- Parkinson's disease
- Cardiac disease

Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder. Adhesions from the shoulder can become stiff or inflamed. Fortunately, physical therapy has been shown to help alleviate pain and mobility losses.

Stop letting pain get in the way. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!

# WHAT TO EXPECT WITH PHYSICAL THERAPY

At your consultation, one of our physical therapists here at Amber Hill Therapy Centers will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your mobility and strength. **There are three stages in the development of frozen shoulders:**

- 1. Freezing:** In this stage, you gradually experience more and more pain. As the pain worsens, you start to lose range of motion.
- 2. Frozen:** This stage is characterized by motion loss, whereas the painful symptoms may improve. Daily activities are typically challenging during this phase.
- 3. Thawing:** Shoulder motion improves during this stage, and there is typically a complete return to normal or close to normal motion and strength.

It's pretty standard for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year or nine months. At this point, they're already in a lot of pain and pretty used to not being able to move their shoulders the way they'd like to.

Our comprehensive treatment plan will consist of targeted stretches and specific home exercises to speed up the recovery process and regain your motion, reduce your pain and restore any lost strength.

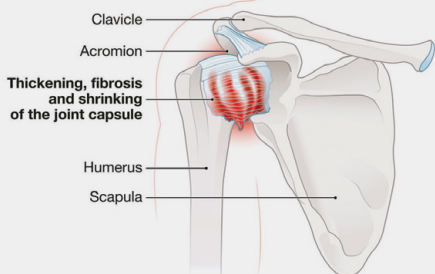
Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities like ultrasound and e-stim. In addition, we take a hands-on approach using targeted manual therapy techniques like soft tissue work and joint mobilizations. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder. The quicker we can address your pain symptoms and range of motion deficits, the sooner you get back to doing what you love!

## Contact Amber Hill Therapy Centers Today!

If you have been experiencing recurrent or chronic shoulder pain, it is essential to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

Sources:  
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## Adhesive capsulitis (Frozen shoulder)



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# WHAT ARE THE BEST SLEEPING POSITIONS?

How are you sleeping at night? Sleep is the body's uninterrupted time to repair tissue damage, heal wounds, restore organ function, stabilize chemical imbalance, refresh areas of the brain that control mood and behavior, and improve performance.

Restful sleep– and a proper sleeping position– is a critical part of maintaining good health.

It's critical that we learn to sleep in the best position for proper spinal alignment. The better shape our spine is in, the lower our chances of developing neck or shoulder pain become. The better our spinal alignment is, the better our overall posture will be during the day.

## 1. Do you sleep on your back?

If so, placing a small pillow under your knees can help to reduce stress and strain on your spine and support the curve in your lower back. The pillow your head is resting on should support your head and the angle of your neck and shoulders.

## 2. Are you a stomach sleeper?

Sleeping on your stomach can cause stress on the back because the spine can be thrown out of position. To avoid this, place a flat pillow under your stomach and pelvis area. This will keep your spine in better alignment, as will sleeping with a flat pillow under your head or without a pillow at all.



## 3. Or are you a side sleeper?

This is the most commonly used sleep position and it is vital to have good neck support for all side sleepers. The thickness of the neck pillow may create muscle spasms and strain on either one or the other side of the neck, which may cause pain and headache. Roll up a soft towel and put it under a thin pillow on your preferred sleeping side to support your neck in a good alignment.

## DON'T LET YOUR INSURANCE GO TO WASTE!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. Let our family help your family get a head start going into 2023, before your deductible renews again!



## STAFF SPOTLIGHT

### DANIEL JERRY, PHYSICAL THERAPY TECH

I was born in Maryland and moved to Ohio when I was just five years old. Ten years later my family moved back to Maryland. I graduated from Seneca Valley High School in Germantown.

My life's goal is to become a Physical Therapy Assistant or Physical Therapist and work in sports medicine. I want to focus on healing the individual so they can go back to their game as well as teaching them how to prevent re-injury.

My hobbies include reading comics and drawing designs. I also like doing tattoo drawings.

Your health is our highest priority. Give us a call or visit [www.amberhillpt.com](http://www.amberhillpt.com) today!