



YOUR SOLUTION FOR SHOULDER, ELBOW, WRIST PAIN

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CALL TO SCHEDULE YOUR APPOINTMENT TODAY!



YOUR SOLUTION FOR SHOULDER, ELBOW, WRIST PAIN

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today, call to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What is causing your pain?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability.

The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Joint disorders
- Arthritis and bone spurs
- Referred neck pain
- Bursitis and tendinitis

Overuse injuries often cause elbow pain. Many sports, hobbies,

and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Arthritis
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendinitis
- Repetitive motion syndrome

Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so he/she can identify what may have caused the pain to create and what you can do to resolve it.

Please join us for one of our free shoulder pain workshops:

Mountain Home- Tuesday, January 11th at 3:30PM

Batesville- Wednesday, January 12th at 3:30PM

Please call or email to reserve your spot today!

GTS HOMETOWN STRONG

Hometown Strong donates \$1000! Callen chose Salem Church of Christ Agape Food Room and Salem Methodist Church Feed the Children Backpack program to receive \$500 each.



Hugh and Jane Whitledge, Volunteers at the Agape Food Room and Callen Curtis Ray, DPT

HEALTHY RECIPE

Balsamic Berry Vinaigrette Salad



INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

DIRECTIONS

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

FIGHTING ARTHRITIS AND THE COLD WEATHER

Do you ever wake up feeling as if your joints are stiff or tight? Do they ache as you get moving in the morning, becoming less painful as the day goes on? If so, this may be a sign of early-onset arthritis. This is a common ailment that many people experience, but many choose to live with their painful joints for far too long before seeking help.

If you have arthritis, you know how debilitating it can be. It affects millions of people and is the most commonly reported chronic illness across the nation. Arthritis is a disorder of the joints that causes them to become inflamed. The inflammation causes the pain and stiffness that you feel, and it can result in a loss of movement if the joints become too inflamed. There are over 100 different types of arthritis, containing monoarthritis (where only one joint is affected) and oligoarthritis (where multiple joints are affected). Some of the most common forms of arthritis are osteoarthritis, which develops from “wear and tear” of cartilage, and rheumatoid arthritis, which develops from overactive immune systems.

4 Tips To Keep In Mind:

- No heat and humidity to deal with. Winter’s chill might even make you feel awake and invigorated.
- You may be able to work out longer in cold weather—which means you can burn even more calories.
- It’s a great way to take in the sunlight (in small doses). Not only can light improve many people’s moods, it also helps you get some vitamin D.
- Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

SERVICE SPOTLIGHT

Manual Lymphatic Drainage (MLD)



Exciting new specialty certifications at GTS. In an effort to always be on the forefront of patient care GTS recently had 18 clinicians complete an extensive course to become certified in Manual Lymphatic Drainage (MLD).

Manual lymphatic drainage (MLD) is a light, skin-stretching massage that moves lymph out of a swollen area to allow the body's natural lymph collection system to function properly. The lymphatic fluid includes waste and toxins and some health conditions cause these fluids to accumulate in bodily tissues. MLD removes these fluids from the affected tissue to allow the body to heal more efficiently and effectively. Some conditions which can be treated by MLD include lymphedema related to cancer treatment and lymph node removal, fibromyalgia, rheumatoid arthritis, and post-surgical swelling.

So, if this sounds like something that could help you or someone you know, reach out to any GTS location to set up a consultation.

STAFF SPOTLIGHT

BROOK TAYLOR, PT, DPT



Brook is a Batesville native, graduating from both Batesville High School and Lyon College. She received her Doctor of Physical Therapy Degree from the University of Central Arkansas in 2006. In her 15 years of practicing physical therapy, Brook has worked in inpatient rehab, long term care, home health and outpatient settings. Brook and her husband, Jason, reside in Batesville with their two children, Kennedi and Steele. She is certified in LSVT therapy for treatment of Parkinson's disease and also recently certified in manual lymphatic drainage techniques to combat lymphedema. Brook can be contacted at our Batesville location.

EXERCISE ESSENTIALS

Try this exercise if you are experiencing shoulder pain.

Shoulder Abduction

Lie on your side with your affected arm on top, pointing your thumb upwards. While keeping your elbow straight, bring your arm over your head to your ear, then return to the starting position. Repeat 6-10 times.



LET'S GET STARTED OFF RIGHT IN 2022.

**GIVE US A CALL TODAY
TO SCHEDULE YOUR NEXT
APPOINTMENT!**

(870) 701-5089

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