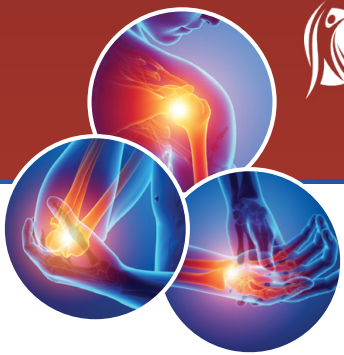
Anatomy Physiotherapy Clinic

NEWSLETTER



Physiotherapy Solutions for Shoulder, Elbow and Wrist Pain

Physiotherapy Can Help Relieve Your 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 to make an appointment. With guidance from your physiotherapist, you can find solutions to your pain and get back to living the life you enjoy!

What Is Causing The 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 tendonitis

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., tendonitis)
- 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 are:

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

Shoulder, elbow, and wrist pain are often the result of workplace injuries 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 physiotherapist so he/she can identify what may have caused the pain and what you can do to resolve it.

What Do My Symptoms Mean?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physiotherapist determine the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone

Continued on next page

See Inside

- *Exercise Essentials*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

NEW LOCATION COMING SOON!

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PHYSIOTHERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN

Continued from previous page.

but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Physiotherapy For Shoulder, Elbow And Wrist Pain

Physiotherapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physiotherapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, and nerve and tendon glide techniques are widely used for effective results!

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physiotherapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

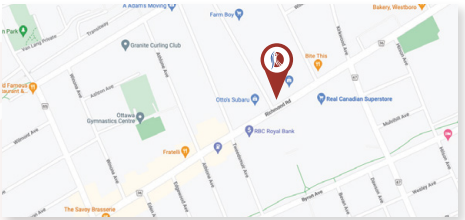
Contact your physiotherapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

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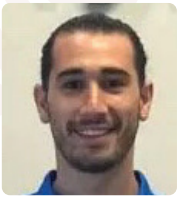
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NEW LOCATION OPENING IN AUGUST

Anatomy Physiotherapy is proud to announce we are growing to better serve our clients. Our new location, opening in August, 2022, will be located at 205 Richmond Road, Unit 109 in Ottawa. ***Stay tuned for updates!***



STAFF SPOTLIGHT



Alberto Karam

Physiotherapist Assistant

Alberto has been practicing Physiotherapy in his home country of Lebanon since 2016. He completed his bachelor degree in 2016 at Antonine University and his doctorate degree (DPT) in 2019 at Saint Joseph University. Additionally, he undertook some osteopathic courses while completing his DPT. Upon graduation, he has worked in an out-patient clinic located in Badaro, Lebanon treating a wide variety of clients and acquiring experience in orthopedics, musculoskeletal, geriatrics, neuro and sports fields. He has worked in a private gym for Fattal employees, (a company that has 1000+ employees) as a Physiotherapist and Post Rehabilitation Personal Trainer. He has worked as a Sports Physiotherapist for two seasons with Oukhouwe Basketball Team, a second-division basketball team from 2017 to 2019. In 2020, Alberto was promoted to head of Physical Therapists and Personal Trainer teams in Chadi Hatem PT Clinic.

Alberto believes as a Physical Therapist in the exclusive use of evidence-based practice to improve the quality of life of his patients. His fascination with the human anatomy and love for studying this discipline play an important role in developing personalized and effective treatments for each patient.

Outside of work, Alberto is a very active person who hits the gym daily, and enjoys all types of sports including soccer, basketball, hiking, ping pong... Additionally, he likes to widen his knowledge by reading books that are related to Physiotherapy, sports and nutrition.

HEALTHY RECIPE



GRILLED PEACHES

INGREDIENTS:

- 4 medium ripe peaches, halved, pit removed
- 1 teaspoon vegetable oil
- 1/2 cup ricotta
- 1/2 cup California walnuts
- 1/4 cup honey
- 4 fresh mint sprigs

DIRECTIONS: Preheat oven to 350°F. Place walnuts (for marinade and salsa) on a baking sheet. Toast walnuts for 5 minutes. Remove from oven. Roughly chop when cool. Preheat grill to medium high heat. Clean and lightly oil your grill. Brush each peach half with oil (or spray with cooking spray) on both sides. Grill peaches cut down for 4-5 minutes until grill marks form. Flip with tongs and grill another 1-2 minutes until peaches are slightly tender. Remove peaches from grill and place on a large plate. To serve, place two peach halves on a plate or in a small bowl. Top each half with ricotta and chopped toasted walnuts. Drizzle with honey and garnish with mint. Serve warm.

PATIENT SUCCESS SPOTLIGHT

"I'm grateful for all their hard work, as they got my shoulder's range of motion, and strength back"

"Andrew (physio) and Justin (massage therapy) are friendly, efficient, and knowledgeable. The clinic's overall atmosphere is relaxed, the receptionists are helpful and welcoming, which all helps when you arrive in as much pain as I did. I'm grateful for all their hard work, as they got my shoulder's range of motion, and strength back." **– F.C.**

We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

Exercise Essentials

THUMB IP EXTENSION STRETCH

Grasp the affected thumb below the last knuckle and gently stretch it into a more straightened position.



Try this simple exercise to help relieve thumb weakness & pain.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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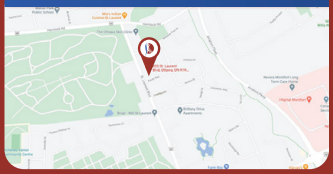
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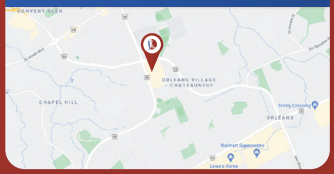
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Ottawa, ON, K1K 2Z8

TEL: 613-801-3628
FAX: 613-680-5577



1615 Orleans Blvd. Suite 105
Orleans, ON, K1C 7E2

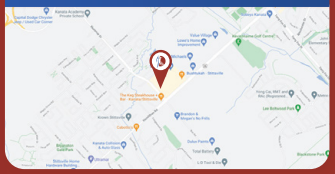
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3 Convenient Locations To Serve You!

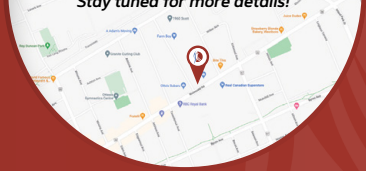
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LOCATION IN
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OPENING IN
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