

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 14

Total Health Center is a full service physical/occupational therapy clinic where expert patient care is our first priority. We treat a full range of orthopedic and neurologic conditions. Our clinic has therapists with advanced training and specialist certifications. Our goal is to help you, the patient, reach your full potential.

Avoid Rotator Cuff Surgery with Physical Therapy



Your shoulder is a ball-and-socket joint made up of three dominant bones—the humerus, clavicle and scapula. The rotator cuff consists of a group of four tendons and associated muscles that collectively work to keep the arm bone within the socket of your shoulder blade while **allowing your arm to raise and rotate.**

Although damage to the rotator cuff may indicate a need for surgery in some cases, recent studies suggest that a physical therapy rehabilitation program can be as effective as surgery. Initial treatment of rotator cuff injury focuses on **reducing inflammation** through anti-inflammatory medications and strengthening exercises. The more the inflammation is reduced, the better a person’s capacity to perform strengthening and stretching exercises.

Physical therapy encourages correct movement to stimulate cells to lay down collagen along the lines of stress to form healthy, strong tendons, thus speeding up recovery. An effective rehabilitation program may include

stretches to encourage comfortable movement

exercises that isolate each muscle group and selectively train that muscle

exercises that enhance movement and control of the scapula

passive exercises, performed multiple times a day with the help of a therapist, the other arm or a machine, that move the joint through its range of motion (ROM)

ROM exercises with light weights

exercises that flex and extend the elbow, wrist and hand

Call us at (269) 968-0888
Mon to Thurs 7am-7pm
Fridays 7am-4pm



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Healthy Recipe of the Month

Grilled Salmon with Honey Black Pepper Heinz 57 Sauce

¾ cup honey
¼ cup white balsamic vinegar
1 cup Heinz 57 sauce
1 Tbsp Lea and Perrins Worcestershire sauce
1 Tbsp cracked black pepper
1 Tbsp chopped fresh thyme
1 Tbsp chopped fresh parsley
1 Tbsp grated orange zest
4 6oz Salmon fillets

Preheat grill
Combine first 8 ingredients in a bowl. Set aside.
Coat salmon with cooking spray, place on grill. Grill 3 minutes on each side or until fish flakes easily when tested with a fork.
Spoon or brush fish with honey black pepper Heinz 57 sauce, cook for 2 additional minutes or until

Physical therapy plays an important role in the treatment of a damaged rotator cuff. By following a protocol that includes warming up, stretching and strengthening, postworkout icing, and anti-inflammatory medications, many people with rotator cuff injuries can attain comparable preinjury strength and motion without surgery. After a thorough evaluation, we can design a personalized rehabilitation program that will put your shoulder back in the swing once again.

Regain Strength and Motion After an Elbow Fracture



If you have fallen on an outstretched arm and fractured your elbow, you want to know how long it will take to get the joint functioning again. Unfortunately, there is no simple answer.

In the elbow, the upper arm bone, or humerus, meets the two bones of the forearm, the radius and the ulna. This creates three separate joints that allow the elbow to make four different movements:

flexion, extension, supination (turning the palm face up) and pronation (turning the palm face down).

The complexity of the elbow joint means there is no one-size-fits-all rehabilitation timeline. One thing is certain, however: Without early physical therapy, the elbow will become stiff, painful and weak, and lose range of motion (ROM).

Factors that can ensure effective elbow rehabilitation include

Age: Younger people usually heal more quickly and often regain complete elbow function.

Number of bones involved: Typically, the fewer bones and bone chips/fragments involved, the shorter the time for rehabilitation.

Stability of fracture: A stable fracture is likely to stay in a good position to heal on its own. An unstable fracture needs to be fixed in place surgically to heal in proper alignment. The surgical procedure used can affect the rehabilitation timeline.

Collateral damage to ligaments and tendons surrounding the joint: Without soft-tissue damage, rehabilitation will be less complicated.

To successfully rehabilitate an elbow fracture, early ROM exercises are essential. However, the fracture must also be protected against excessive movement for up to six weeks while it heals.

Our experienced physical therapists will work with your physician to develop a rehabilitation program that safely addresses regaining ROM while protecting the fracture. After the fracture has healed, more vigorous stretching and strengthening exercises will help you return to the maximal amount of elbow function, enabling you to resume your normal routine.

desired doneness.
Remove fish from grill and drizzle with remaining sauce.
Serve with freshly tossed salad.

Patient Testimonials

Very pleased with the care I received.

I think your services are great! My therapist explains everything she is doing and why. She takes time to answer my questions and always is concerned about my progress. R peterson

Therapists & Staff were professional and kind at all times. Staff were always available, not away from posts or distracted. The facility is very clean and well laid out. S. VanOrsdal