



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



RECOVER QUICKLY FROM A ROTATOR CUFF INJURY

Do What You Love!

*Don't Let A Rotator Cuff
Injury Ruin Your Fun!*

Resolution Right

*5 Health Tips For
The New Year!*

Share The Love

*Share The Benefits Of Hand
Therapy With A Friend*



RECOVER QUICKLY FROM A ROTATOR CUFF INJURY

WITH THE HELP OF A CERTIFIED OCCUPATIONAL THERAPIST

Your rotator cuff is comprised of the muscles and tendons surrounding your shoulder joint. Sometimes, the rotator cuff can become torn or injured, due to repetitive overhead motions performed in sports (such as tennis) or jobs (such as carpentry.) Athletes are also at risk of developing a rotator cuff injury if they participate in rigorous activities, such as weightlifting, swimming, or tennis.

The active movements associated with sports and laborious work are undoubtedly important factors to keep in mind; however, passive movements can also be contributing factors to an injury. Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries.

Those who experience rotator cuff injuries or “torn shoulders” generally report a dull ache deep in their shoulder, arm weakness, difficulty reaching behind their back, and disturbed sleep due to pain.

At Hand In Hand’s Long Island location, our natural and non-invasive methods can help relieve your shoulder pain and heal your rotator cuff injury.

WHAT CAN A OCCUPATIONAL THERAPIST DO FOR ME?

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where therapy treatments can work just as well (if not better) than surgery.

“A recent study from Finland asserts that when it comes to treatment of nontraumatic rotator cuff tears, therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair.” In this same study, a follow-up on 167 patients receiving therapy alone for their rotator cuff injuries, demonstrated that conservative treatment, such as therapy, should be considered as the primary treatment for this condition.

When surgery is required, a therapist will monitor and guide the patient’s progress based on the surgeon’s recommendations. Initially, therapy will involve gaining motion in the shoulder through passive movement, where the good arm works to move the arm that was operated on. Heat and ice may be used to help manage pain. An occupational therapist can also demonstrate safe performance of daily activities and sleeping positions to ease pain at night.



DON'T LET A ROTATOR CUFF INJURY RUIN YOUR FUN!

As the repair heals, the arm can move unassisted, and eventually strengthening can begin. Exercises to work on posture and core strength might also be a part of therapy. When the repair is strong enough, a therapist will help with return to hobbies, sports and work.

HOW DO I KNOW IF THERAPY IS NEEDED?

It is natural to experience an occasional ache or pain from overexertion. However, it is when the pain becomes chronic or unbearable that the condition becomes serious. Chronic pain, or pain persisting for three months or longer, is an indication that therapy intervention is needed.

There are some additional symptoms to consider that may also be telling signs that treatment is needed, such as:

- Sharp or stinging pains.
- Uncomfortable “clicking” sounds with movement.
- Dull pain that runs alongside your arm.
- Sudden arm weakness.

If you notice any of these symptoms, it is important to contact your doctor for an evaluation.

HOW CAN I BEGIN TREATMENTS?

First, consult with a doctor to evaluate the shoulder. Whether or not surgery is needed, therapy is recommended

to decrease pain and improve posture, range of motion and strength. With therapy, many patients have relief of their symptoms and are able to avoid surgery. If surgery is necessary to repair the torn tendons, the arm may be held in a sling for four to six weeks. After surgery, a therapist will explain how to safely move while protecting the repair. A repair can be damaged if these restrictions are not followed.

At Hand In Hand Rehabilitation, we use specialized techniques, such as ice and heat therapies, manual therapies, electrical stimulation, or ultrasound may be used to relieve pain, reduce swelling, and enhance function. Gentle stretches and exercises may also be prescribed to improve your posture and the range of motion of your shoulder.

If you are suffering from a rotator cuff injury, contact us today. Our dedicated occupational therapists will provide you with some much-needed relief and get you started on your path toward recovery!

Is a rotator cuff injury hindering your everyday life? Schedule your appointment today to make sure your hands are game-ready! To book your appointment, call our Long Island office at 516.333.1481 or visit our website at HandInHandRehabilitation.com.



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To learn more, call us at:
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212.472.1000 (Manhattan)

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5 HEALTH TIPS *For The New Year!*

- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.
- 4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



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SAY GOODBYE TO HAND PAIN!

CALL US TODAY!

516.333.1481 (Long Island)

212.472.1000 (Manhattan)

**GET THE HELP YOU
NEED TODAY!**



1. Call **516.333.1481** (Long Island) or **212.472.1000** (Manhattan) to talk with your occupational therapist and discuss your pain and symptoms.



2. Your occupational therapist may suggest exercises or precautionary measures to relieve or avoid pain.



3. If further assessment is needed to find the cause of your pain, your therapist can schedule an appointment with you.



*The Hand In Hand Team sends you
Holiday Cheer and Wishes for a Happy,
Healthy 2022!*



**HELP US
SHARE THE LOVE!**

We appreciate the confidence you place in us and will do our best to help those you refer meet their health and rehab goals. A huge thank you to all of our friends who refer others to us at Hand In Hand Rehabilitation!

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