

Shoulder Injuries



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Get relief from shoulder pain with physical therapy

The shoulder is one of the most complex regions of the body and can result in different causes of shoulder pain. We ask a lot from our shoulder – push, pull, lift, carry, hold and reach – so it's not surprising that we experience some shoulder discomfort from time to time. However, persistent pain from a direct trauma or gradual irritation over time, if left untreated, can often develop into a chronic issue affecting daily activities. The recovery of shoulder pain depends on the root cause of the pain and type of injury sustained (acute or chronic). Many types of shoulder pain can include but are not limited to tendinopathy, postural dysfunction, instability, or impingement. Since there are many potential causes for shoulder pain, it is important to seek medical advice.

Physical therapists will perform a careful review of symptoms and a thorough physical examination to diagnose potential underlying problems. Physical therapists will then develop a specific plan of care designed to help control any inflammation and relieve pain. Based on what the body needs, treatment may include joint mobilization, soft tissue mobilization, myofascial release and other modalities. Exercises will then be prescribed to restore mobility, increase strength, and help patients get stronger and return to activities without pain. Contact us to learn more about how we can help your patients recover from shoulder pain.

Read more at Therapydia.com | 800-842-2896

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

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