



## HOW PT CAN HELP **WITH ROTATOR CUFF INJURIES**

Imagine waking up one morning, eager to start your day, but as you attempt to brush your teeth, the pain in your shoulder sends a searing wave of discomfort through your entire arm. Suddenly, the simplest tasks become challenging.

This scenario is all too familiar for individuals dealing with rotator cuff injuries, which can severely limit daily life functions. However, there is hope in the form of physical therapy—a proven and effective way to regain strength, mobility, and overall shoulder function.

At Marketplace Physical Therapy, our physical therapists are highly trained and understand how important resolving your shoulder pain is. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

*Contact our skilled team of physical therapists today and get started on your road to recovery!*

### **The Impact of a Shoulder Injury**

Rotator cuff injuries can disrupt your life in many ways, affecting your physical abilities and overall well-being. Some common limitations and challenges individuals face due to shoulder pain include:

- **Painful Movements:** Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.

- **Sleep Disturbances:** Many people with shoulder injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.
- **Limited Range of Motion:** Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.
- **Loss of Strength:** Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from Marketplace Physical Therapy can be a game-changer!

### **The Role of Marketplace Physical Therapy in Your Recovery**

When you consult a physical therapist for a rotator cuff injury, the initial evaluation is a critical step in the recovery process. Here's what you can expect:

Your physical therapist will start by discussing your medical history, including the onset and nature of your shoulder pain, any previous injuries, and your overall health.

A thorough physical examination follows, focusing on the affected shoulder. This includes assessing your range of motion, strength, and any signs of inflammation or instability. To understand how your injury impacts your daily life, your therapist will assess your ability to perform essential tasks like reaching, lifting, and dressing.

Based on the evaluation findings, your physical therapist will provide a diagnosis and work with you to establish clear goals for your rehabilitation.

Next, your therapist will design a program tailored to your unique needs, including:

- **Manual Therapy:** Physical therapists often use manual therapy techniques, including joint mobilizations and soft tissue mobilizations, to alleviate pain and improve shoulder mobility. These techniques have been shown to reduce pain and enhance range of motion in individuals with rotator cuff injuries.
- **Therapeutic Exercises:** A customized exercise program is a cornerstone of rotator cuff rehabilitation. Therapists prescribe exercises that target specific muscle groups, gradually improving strength and function.
- **Home Exercise Programs:** Physical therapists provide patients with home exercise programs to promote continuity of care. Consistent adherence to these programs can improve rotator cuff rehabilitation outcomes.
- **Patient Education:** Understanding the injury and learning how to prevent future problems is crucial. Our physical therapists educate patients about proper shoulder mechanics, posture, and ergonomics to reduce re-injury risk.

As you continue to progress in your recovery, functional training becomes vital. Tasks like lifting, reaching, and carrying are integrated into the rehabilitation program to ensure you regain your ability to perform daily activities without pain or limitation.

## Taking the First Step Towards Recovery

If you're dealing with the challenges of a rotator cuff injury, don't let it limit your life any longer. Seek the expertise of one of our highly skilled physical therapists who can provide a personalized treatment plan based on your unique needs and goals.

Your path to regaining strength, mobility, and a pain-free shoulder begins with a simple but crucial step: reaching out to us today!

**Don't wait – start your journey towards recovery today!**



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# SEASONAL RECIPE

## FARRO SALAD WITH HERBED BALSAMIC VINAIGRETTE

### Ingredients

- 1 cup pearled emmer wheat farro\*
- 5 ounces baby spinach leaves
- 1 medium avocado, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup quartered artichoke hearts

### For the Dressing

- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/4 cup water
- 2 tablespoons maple syrup
- 2 garlic cloves, minced
- 1/4 cup fresh parsley
- 1/4 cup chopped chives
- 2 tablespoons fresh thyme leaves



- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, or to taste
- 1 TBS olive oil

### Directions

1. Bring a large pot of salted water to a boil.
2. Add the farro and allow it to cook at a rolling boil.
3. While the farro cooks, make the dressing. Place all ingredients into a blender and blend until smooth. Taste-test and add more salt or adjust any seasonings to your liking.
4. After the farro has boiled for about 15 minutes, remove a couple grains and test them for doneness. The farro should be tender with a bit of chewiness when done, but cook it until it's as firm or soft as you like. The cook time should be in the range of 15 to 20 minutes.
5. When the farro is done cooking, drain it into a strainer. Let the farro sit in the strainer for a few minutes to cool.
6. Place the cooked farro into a large mixing bowl, along with the spinach, avocado, cherry tomatoes, and artichoke hearts.
7. Drizzle the dressing over the salad (use as much as you like) and toss to coat.
8. Season the salad with salt and pepper to taste.
9. Divide onto plates and serve.

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**

**951-684-2874**



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# FITNESS IN SUMMER!

Are you ready to get active this season? Summer is finally here, which means warm weather, enjoying the sunshine, and participating in all your favorite seasonal activities.

If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active!

### Take up gardening

After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer.

Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

### Go for a swim

Swimming is low-impact, gentle on the joints, and a good cardio workout.

Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day!

Sign up for a class at your local YMCA or fitness club to get started.

### Find a hiking trail

Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!

### Walk on the beach

If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body!

Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.



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*\*located inside Anytime Fitness*

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