



RECOVERY™  
PHYSICAL  
THERAPY, P.C.

# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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APRIL 2022



## **PHYSICAL THERAPY CAN HELP ALLEVIATE SHOULDER PAIN IN GOLFERS!**

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Can Help Golfer's  
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## PHYSICAL THERAPY CAN HELP ALLEVIATE SHOULDER PAIN IN GOLFERS!



Have you noticed pain while swinging your golf clubs? Are you struggling to get a full swing due to pain or restrictions in motion? Maybe it's time for you to get your shoulder looked at by one of our movement experts. At Recovery PT, our physical therapists help golfers alleviate pain, recover lost motion, and get stronger so they can golf without limitations!

Shoulder pain can be a significant struggle for golfers of all ages and skill levels. Research has indicated that shoulder problems account for up to 18% of all golf-related injuries. Like most golf-related injuries, shoulder conditions are typically overuse injuries resulting from repetitive microtrauma, poor swing mechanics, or an aggravation of a previous condition.

Caring for golfers requires comprehensive knowledge of the golf swing mechanics and musculoskeletal injuries specific to golfers. Ensuring the golfer optimizes their unique anatomy to create efficient motor patterns is the key to pain-free golfing.

Our physical therapists will identify deficits such as weakness and/or tightness in the leg, pelvic/spine, shoulder joint, or shoulder blade that can lead to overuse injuries. At Recovery PT, we will assess your whole body to determine what may be contributing to your pain/injury. We will identify your individual needs and help you resolve your problem once and for all!

Request an appointment today and let our team help guide you back to health!

### What are the main types of shoulder injuries from golfing?

Although the temptation is often to simply rest or alter the painful swing movement, a better solution would be to see one of our

highly trained physical therapists. Golf can be a demanding sport due to the sheer volume of swings in a single round of golf.

The shoulder is commonly affected, usually from overuse and/or poor technique. The lead shoulder, or the left shoulder in the right-handed golfer, is particularly susceptible to injury. Most injuries can be treated or prevented through a thorough understanding of the biomechanics of the swing and how the entire body contributes to a successful swing.

The most common shoulder problems affecting golfers include:

**Rotator cuff tears and/or tendinopathy:** The rotator cuff comprises four muscles that keep the humeral head (ball) centered in the socket when we move our arm. Injury or irritation of one or more tendons leads to shoulder pain, weakness, and loss of range of motion.

**Shoulder impingement:** Impingement is a common cause of shoulder pain, where a tendon rubs or catches on nearby tissue and/or bone as you move (lift) your arm. This problem is usually due to overuse and repetitive traumas. The long head of the biceps tendon is particularly susceptible to impingement as it runs along the anterior (front) aspect of the shoulder through the subacromial space.

*Continues inside*

## Come back to PT!

Call Recovery Physical Therapy today at  
(917) 763-7825. You can also visit our  
website at [www.recoverypt.com](http://www.recoverypt.com).

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

Continued from outside

**Acromioclavicular (AC) joint pain:** The AC joint is on the very top of the shoulder. Research suggests that the AC joint is most stressed at the top of the backswing when the lead shoulder is in maximal horizontal abduction (reaching across the body). Degeneration, poor posture, and faulty shoulder blade movements can influence the AC joint and lead to pain or injury.

**Osteoarthritis:** Osteoarthritis is a degenerative type of arthritis where the cartilage in the shoulder joints gradually wears away. As the cartilage wears away, the joint space decreases, resulting in pain and loss of motion.

**Shoulder joint instability:** Instability is defined as the excess movement of the humeral head (ball) in relation to the socket. Essentially, the ball slides forward or backward in the socket and loses congruence with the socket. The rotator cuff's primary function is to maintain the ball in the center of the socket, preventing excessive movement of the humeral head in any direction.

At Recovery PT, our physical therapist will help identify the most likely cause of your shoulder pain and how to resolve it.

#### What to expect in physical therapy

We will conduct a comprehensive evaluation that includes a thorough history and movement assessment of the shoulder, spine, and hips in particular. We will identify how your joints move in relation to one another to ensure we identify any restriction or limitation that may be contributing to your condition.

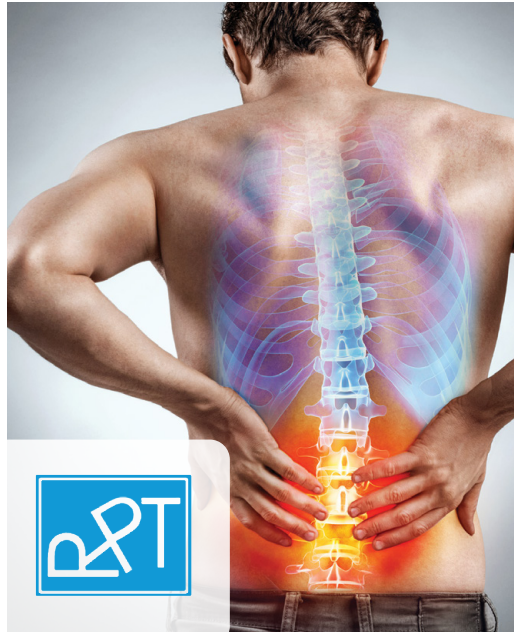
In addition, we will test your shoulder and shoulder blade strength, range of motion, and how they work together in different positions. This information will help determine any weaknesses and/or compensations that may impair your ability to swing correctly.

Your physical therapist will design a program tailored to your individual needs. This program will consist of flexibility/mobility, strength, and power training with correction of faulty movement patterns to help resolve your injury and improve your overall performance.

We will use any technique, including Kinesio Taping and manual techniques, to assist your rehabilitation and education of proper movement sequencing. Our team will show you the appropriate way to warm up, including mobility and theraband work, to enhance your performance so you can hit the ball with greater confidence!

# (917) 763-7825

## WE PROVIDE PROGRAMS TAILORED TO YOUR NEEDS



## AT-HOME EXERCISE

Good stretch if you sit at a computer all day

### PRAYER STRETCH

*While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and/or buttocks.*



Make sure to consult your PT before attempting new exercises you are unsure of doing.

 SimpleSet Pro  
www.simplesetpro.com

# Family-Friendly Spring Activities

Spring is on its way, and along with it comes plenty of opportunities to get outside and begin doing some of the things we love! Here are some fun, family-friendly spring activities you can start planning for. We hope these lift your spirits and get you excited for the coming warmer months!

## TRY A NEW OUTDOOR SPORT

As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months!

## VISIT AN OUTDOOR FARMERS MARKET

If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try.

## GO SEE A DRIVE-IN MOVIE

The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great spring activity, especially because you can roll down your windows and enjoy a nice breeze as you watch on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.

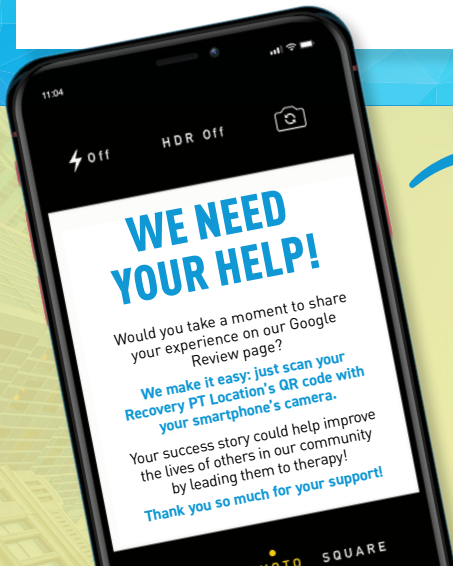


## BREAK OUT THE GARDENING TOOLS

Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, and an excuse to get fresh air. Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.

## TAKE A SCENIC DRIVE

So many parts of nature come back to life in the spring, so why not take a scenic drive now and then to get out of the house? Try getting off the interstate and going the long way around to see some trees, fields, or parks - just make sure you have a GPS or know how to get home safely!



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



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