



First Colony Acupuncture
and Rehabilitation Center

2024
NEWSLETTER



SWING AWAY: PT TACKLES GOLFER'S SHOULDER WOES!



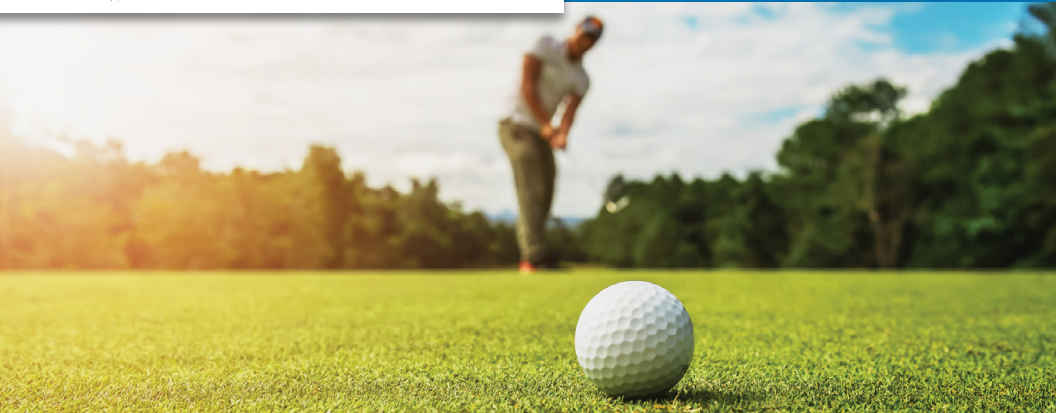
SCAN THE QR CODE
TO SCHEDULE YOUR
APPOINTMENT TODAY!



Inside:

- The Main Types of Shoulder Injuries From Golfing
- Healthy recipe
- Patient Success Story

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SWING AWAY: PT TACKLES GOLFER'S SHOULDER WOES!

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 First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, 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. They are typically the result of 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 First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, 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 rest or alter the painful swing movement, a better solution would be to see one of our highly trained physical therapists. Golf can be demanding due to the sheer volume of swings in a single round of golf.

The shoulder is commonly affected by 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 shoulder's front (anterior) aspect through the area between the shoulder blade and arm bone (i.e., subacromial space).

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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 First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapists 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 to correct 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 on proper movement sequencing. Our team will show you how to warm up, including mobility and theraband work, to enhance your performance so you can hit the ball with greater confidence!

REQUEST AN APPOINTMENT AT FIRST COLONY AQUATIC AND REHABILITATION CENTER & SPORTS THERAPY CENTER TODAY!

Our physical therapists are highly skilled at treating golfers. No matter what is causing your shoulder pain, we offer the results you are looking for!



HEALTHY RECIPE

BERRY ALMOND SMOOTHIE BOWL



INGREDIENTS

- cup frozen organic raspberries
- ½ cup frozen sliced organic banana
- ½ cup plain unsweetened almond milk
- 5 tbsp sliced almonds, divided
- ¼ tsp ground cinnamon
- 1 tsp ground cardamom
- 1 tsp vanilla extract
- ¼ cup organic blueberries
- 1 tbsp unsweetened coconut flakes

INSTRUCTIONS:

Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth. Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.

REQUEST YOUR APPOINTMENT TODAY!



GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802**
ROSENBERG AT **281.559.7429** OR
SPORTS THERAPY CENTER AT **281.816.6093**

**OR VISIT OUR WEBSITE
AT SUGARLANDPT.COM**

Better Golfing This Summer



PATIENT SUCCESS STORY

“It was my first time here and it was very clean and quiet. Everyone was so friendly and professional. Megan is very patient and listens very well to everything you have to say. She does very well with explaining everything differently; I will recommend to others and return! Now I am on my way to feeling better with the support and proper help of Megan!”

-Q.B.

SHARE YOUR SUCCESS STORY!

By sharing your physical therapy success story, you can inspire others to find relief from their pain and start living a healthier, stronger, and more active life.

Scan the QR code to visit our review page and share your success story with others.



Have you been looking forward to golf season all year? If you're an avid golfer, the last thing you want is for an injury to take you out of commission.

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapists are highly trained movement experts who can help you prevent injury. And before you see us, there are many things you can do on your own to protect yourself from the possibility of a painful injury.

Did you know that most golf injuries are caused by poor swing mechanics, poor core strength, or an improper warm-up? Adjusting your golf swing can be hugely beneficial and make this sport much easier on the body.

Maintaining proper posture throughout your swing is critical for preventing injuries. You should stand with your feet shoulder-width apart, rotated slightly outward, and your knees slightly bent. It's also important to keep a relatively straight spine. Make sure to avoid hunching over the ball, as this can cause neck and back strain.

Be mindful of how aggressively you swing at the ball. Swinging the club too hard or too fast can put strain on your joints. Take a nice, easy swing at the ball. Not only will this help prevent injury, but it will also improve your game with a consistent swing tempo!

If you're searching for more ways to improve your swing this season, contact First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today. Our team can examine your posture and recommend improvements to lessen your risk of injury and increase your skill. See you out on the course!



EXERCISE ESSENTIALS

SUPINE PASSIVE INTERNAL ROTATION

Get a lightweight stick, such as a yardstick, broom handle, or cane. Laying on your back on a mat. Hold the cane in both hands, with the working hand on the handle of the cane. Your elbows should be at 90 degrees so your forearms are perpendicular to the floor. With the non-working hand, pull the cane so that the working hand is just touching the chest. Keep the cane parallel to the floor throughout the entire movement. Repeat this motion as directed by your provider. 3 sets, 10 reps.



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