

Health & Wellness NEWSLETTER

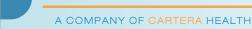
STERLING PT & WELLINESS



281.240.3140 | sterlingtherapy.com



January 2024





Have you noticed your shoulder is sore after every practice or since a recent game? Have you been told you have a rotator cuff injury or some other injury of the shoulder? Whether you have a sore shoulder or just looking to minimize your risk of injury, our physical therapists at Sterling PT & Wellness can help!

Your shoulders can accomplish several physical feats, like throwing, reaching, pushing, and pulling. Due to the structure and freedom of movement, it is also susceptible to more risk of injury. In sports, your shoulder is vulnerable to injury from traumatic events like falling onto an outstretched arm or repetitive overuse-type injuries from excessive throwing or swinging.

Whether you are playing baseball, tennis, or swinging a golf club, the shoulder joint and surrounding soft tissues (muscles, tendons, cartilage, and ligaments) can be injured, or a source of pain depending on the severity of the condition, and can affect your ability to use the arm.

Call Sterling PT & Wellness to set up an appointment with one of our physical therapists and get back to the sports you love!

RISK FACTORS AND COMMON SPORTS-RELATED SHOULDER INJURIES

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. This system is so interconnected that when any part is not working correctly, we become more susceptible to pain and/or injury.

Repetitive stress or traumatic events like getting hit or falling onto an outstretched arm can damage the shoulder complex and lead to pain, weakness, and loss of function. The most common sports-related shoulder problems fall into the following categories:

Rotator cuff injuries: 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.

Acromioclavicular (AC) joint pain/injury: The AC joint is on the very top of the shoulder. It is often injured in contact sports like hockey or football but can also be injured from falling and landing directly on the shoulder in any sport.

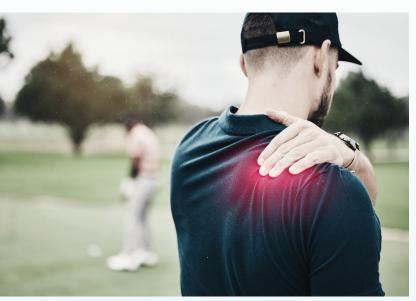


PT SOLUTIONS FOR SPORTS-RELATED SHOULDER PAIN AND INJURIES

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Shoulder joint instability: Instability is the excess movement of the humeral head (ball) in relation to the socket. Some people are born with excessive mobility that is exacerbated by sports, but for others, an injury (i.e., dislocation) or repetitive movement of throwing or swimming causes hypermobility.

Labral injury: An injury to the labrum can result from trauma or repetitive movements, lead to a limited range of motion, and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways but not others.



Whether your pain is from an acute injury or a chronic overuse-type condition, our physical therapists can help. We use the most advanced techniques and treatments to ensure you recover fully so you can get back on the field or court competing without limits!

WHAT TO EXPECT AT YOUR STERLING PT & WELLNESS PHYSICAL THERAPY SESSIONS

At your initial appointment, our physical therapists will conduct a comprehensive evaluation to determine the best course of treatment for your needs. This will include a thorough history and physical examination of your shoulder and surrounding regions. We will need to understand your typical training and the duration of symptoms to get to the root of your condition.

Your physical therapist will use this information to design a treatment plan to ensure your results. We will help to restore any lost range of motion, improve the function and strength of your rotator cuff and shoulder blade muscles and improve the overall function of the affected shoulder.

Our highly trained therapists at Sterling PT & Wellness will use manual therapy techniques, modalities, and targeted stretches to relieve pain and restore essential mobility. As your condition improves, the treatment will likely shift to strengthening, coordination, and drills to regain your ability to perform and compete at a high level.

Our team will guide you back to health and give you the tools to prevent future injuries!

REQUEST AN APPOINTMENT TODAY!

At Sterling PT & Wellness, our physical therapists are experts at treating sports-related shoulder pain and injuries. We have proven success with treating athletes of all ages and skill levels.

Call today to schedule an appointment with one of our specialists. We can help you to get back to the sports you love!

CALL TODAY TO REQUEST YOUR APPOINTMENT 281.240.3140

ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE





INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt

- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- 1/4 cup crumbled goat cheese
- 1/4 cup pomegranate

DIRECTIONS: Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheesepomegranate/



STAFF **SPOTLIGHT**

Dr. Wesley Okeke PT, DPT, Wellness Director



Dr. Wesley Okeke is a dynamic Physical Therapy professional and the Wellness Director at Sterling PT & Wellness. With a Doctorate in Physical Therapy and a passion for sports rehabilitation, he specializes in enhancing athletic performance and implementing holistic injury prevention programs. Educated in Kinesiology and Biblical Studies, he brings a diverse perspective to patient care. Committed to global health, he has volunteered in Thailand.

EXERCISE TO TRY AT HOME

SHOULDER EXTERNAL ROTATION STRETCH

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



CHECK US OUT ONLINE

Find out more about Sterling Physical Therapy & Wellness



Scan the QR code to visit our YouTube Channel.

To find out more about the treatments we offer scan this code to visit our website.



PATIENT **SPOTLIGHT**

"Sterling Therapy (Sugar Land Office) is absolutely amazing! From Dominique and Bianca in the front office to Alain Tran, Angel and rest of the staff in the back, these are some of the nicest people you will ever meet.

time and I am currently receiving treatment for my lower back. Absolutely love the assisted stretching by Angel! I would highly recommend Sterling Therapy for all your physical therapy needs. Keep up the great work!"

Alain and his team healed my frozen shoulder in record

- Rafah A., Actual 5-Star Review

EXERCISE YOUR MIND WITH **SUDOKU**

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COME BACK TO PT!

Are you in pain? Are you suffering from an injury? Do you want to become healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to Sterling Physical Therapy. We are here for you. Call for an appointment today and start your journey to a healthier, happier, more active life.

SUGAR LAND | BELLAIRE | STAFFORD 281.240.3140

3 Locations to Serve Youl SUGAR LAND 1449 Hwy 6, Suite 260 Sugar Land, TX 77478 BELLAIRE 5101 Bellaire Blvd, Suite 265 Bellaire, TX 77401

12603 Southwest Freeway, Suite 602

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