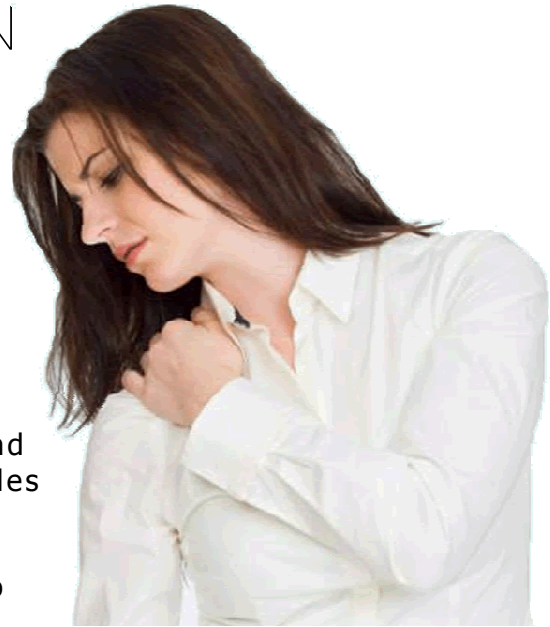




## ROTATOR CUFF PAIN AND THE IMPORTANCE OF EARLY INTERVENTION

### What are the symptoms of rotator cuff pain and what are the consequences of ignoring the symptoms?

The rotator cuff is a series of four muscles that help move and maintain proper alignment of the shoulder. When these muscles become strained, different symptoms can manifest in and around the shoulder. If these symptoms are ignored, the rotator cuff can become so damaged it will require surgery to repair.



Over four million people seek medical attention each year for rotator cuff injury. Many of these injuries will require surgery followed by extensive rehabilitation to return the shoulder to good health and function. However, surgery can often be avoided by knowing what the symptoms are and how to address them well before any further damage is done. Symptoms usually appear well in advance of the need for surgery.

Have you experienced occasional twinges or pain that grows more persistent over weeks or months? Have you been awakened at night by shoulder pain, or had a stiff or sore shoulder upon awakening? Are certain arm movements becoming difficult or painful? Do you use different strategies while dressing to avoid discomfort to the shoulder? Have you experienced a general weakness in the shoulder?

These are symptoms that could point toward a rotator cuff issue. If you have any of these symptoms, you should consult with a competent physical therapist. The therapist can perform a comprehensive shoulder evaluation to determine if you have a rotator cuff issue, or if other structures of the shoulder are causing the discomfort.

A competent physical therapist will employ various modalities such as anodyne light therapy, therapeutic cold laser, vasopneumatic cold/heat therapy and many others to assure a complete and successful rehabilitation.

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**Experience The Difference!** how our modalities can enhance healing and reduce discomfort during your rehabilitation. Enjoy a cup of coffee, surf the Internet, or simply relax during your anodyne, therapeutic laser, or any of our other therapy treatments. While here, you'll also learn proper body mechanics, posture, and therapeutic exercises to strengthen and make your rotator cuff less vulnerable to injury.

Walk-in's are welcome and most insurance policies are accepted. Many health insurance policies allow you direct access to select the physical therapist of your choice. However, it's important to note that some require a physician's referral prior to therapy. Our front desk personnel can assist you to determine the specific requirements and benefits of your healthcare policy.

If a referral is required, you should be aware of Physician Owned Physical Therapy practices (POPTS). These are physical therapy clinics where a physician or group of physicians have a financial interest. A physician may try to pressure you to use their clinic thereby limiting your provider choices. POPTS groups are both unethical and illegal. However they do exist. Treatment at these clinics can be substandard, provide unsatisfactory results, and cast a negative light on physical therapy all together. The following was written to "Advanced", a physical therapy magazine, about a patient's experience with a POPTS group.

*"To the Editor: I just read your article on POPTS. I am highly in favor of prohibiting this type of physician owned operation and would like to contact my senator concerning my experiences with POPTS, which had total negative results. After this experience, and still needing help for an ongoing condition, my primary physician recommended an independent physical therapy service where I am now receiving treatment and experiencing positive outcomes from the sessions. I am so concerned with the minimal amount of time spent during each of my visits to the POPTS and the charges incurred by Medicare and my secondary provider. There is something very wrong here and it should be looked into. ~Ellie Estes"*

With all the changes in health care, you should stay well informed. To fully benefit from physical therapy, you must choose a competent physical therapy provider. At Joshua Tree Physical Therapy, our rehabilitation protocol delivers outstanding results and exceptional satisfaction. To better understand the difference we can make in your health and wellbeing, review our patient's testimonials at [www.joshuatreept.com](http://www.joshuatreept.com)

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