



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

NOVEMBER 2022



REHAB CONSIDERATIONS FOR SPORTS-RELATED SHOULDER PAIN & INJURIES

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Have you noticed your shoulder is sore after every recent workout, practice, or game? Maybe someone told you that you have a rotator cuff or some other injury of the shoulder? Whether your shoulder does hurt, or you're just looking to minimize your risk of shoulder injury, our practitioners at Leaps & Bounds: Performance Rehabilitation can help! The shoulder is a structure that has many degrees of freedom. This lets us do some amazing things like throwing a football, reaching for the cookie jar on the top shelf, elevating into a back bridge, and pulling up on those tight jeans.

But it also makes it susceptible to some unique injuries when compared to other joints. In sport, your shoulder can be injured from something traumatic, like getting put into an armbar by your Jiu Jitsu opponent. Or it can be injured with repeated and excessive overload beyond the joint's capacity, like when a young pitcher's innings are not properly managed.

Regardless of how you spend your time being active, the shoulder joint and surrounding soft tissues (muscles, tendons, cartilage, and ligaments) can be a source of pain. If this is the case, call Leaps & Bounds: Performance Rehabilitation to set up an appointment with one of our practitioners so that they can help you get back to the physical activities you love!

COMMON SPORTS-RELATED SHOULDER INJURIES

It's hard to appreciate the strength and resiliency of the shoulder when you consider its structure, as a ball-and-socket joint, is inherently unstable. The surrounding soft tissue does a good bit of work to stabilize the shoulder, and most people typically just go about their day without thinking too hard about how much stress they're actually putting on them. But as we mentioned earlier, physical trauma and poor load management can lead to injury. Here are some of the most common.

1. Tendon Tears. Many tendons act on the shoulder. In addition to the rotator cuff group (there are 4 of them), the pectorals, biceps, triceps, and lat muscles (to name just a few) all move the shoulder, and all could be potential sources for tendon tears.

Tendon tears are not necessarily a cause of pain for some people (see imaging studies in non-symptomatic shoulders), but for those that have a painful partial or full tendon tear, it can be searing and may require regular appointments with a therapist and sometimes, surgery.

2. Tendinopathy. Inflammatory or degenerative conditions of the tendon can often send people to a therapist for pain relief. They usually affect people who take part in many physical activities or work at a job

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that requires them to use lots of repetitive motions – at least more than what their tendon capacity allows for – on a daily basis.

Take this, for example, whether you are a tennis player or a professional painter, you could be at high risk for developing tendinopathy in your shoulder, if your muscles are not sufficiently trained to tolerate the load, or if you are not allowing yourself enough time to recover between practices or between jobs.

3. Impingement. Shoulder impingement is a naturally occurring thing that happens in the body when the rotator cuff or biceps tendon robs or gets pinched between the bony structures of the shoulder. Normally, this does not produce any pain. But when these particular tissues are sensitive or irritated for whatever reason, it can result in pain and dysfunction in the shoulder. This should be referred to as "impingement syndrome" and not just "impingement".

4. Instability. The Acromioclavicular (AC) joint 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. This joint is subject to a separation injury.

A dislocation often describes an injury to the glenohumeral joint (the actual ball and socket) where the humerus is forcefully dislodged from the glenoid.

5. Labral injury. The labrum is a cartilage-y type of tissue that contributes to the stability of the shoulder. Similar to the other type of instability injuries, the labrum can be compromised by a traumatic force. But the labrum can also be the victim of repetitive microtrauma (see load > capacity).

Give us a call at Leaps and Bounds: Performance Rehabilitation if you have sustained an acute or repetitive strain injury to your shoulder. We have the specialists who are trained to provide the

most advanced and up-to-date care to ensure you recover fully and get you back in the game.

WHAT TO EXPECT AT YOUR REHAB SESSIONS

There's no justification in spending loads of money on costly operations or over-the-counter drugs to get relief from shoulder pain. Let physical therapy – i.e. physiotherapy, athletic therapy, or chiropractic care – help you get back on the road to recovery.

At your initial appointment, one of our practitioners will take a comprehensive history and perform a detailed evaluation to determine the best course of treatment for your needs. They will use this information to design a program of care to ensure you restore any lost range of motion, improve the strength of your shoulder and shoulder blade muscles, and systematically get you back to your sport or activity.

Our highly trained therapists will use manual therapy techniques like soft tissue and joint mobilizations to reduce your pain and improve your range of motion, exercises to increase your proprioception and strength, and patient-education strategies to help you understand your injury and what is expected.

As your condition improves, the treatment will likely shift to progressive resistance and agility exercises. This will help prepare you to return to more activity- or sport-specific drills and eventually the activity or sport itself. Our team of highly trained practitioners will guide you back to health, but they will also give you the knowledge and tools to hopefully prevent future injuries!

At Leaps & Bounds: Performance Rehabilitation, our therapists have proven success with treating athletes of all ages and skill levels in our Oakville community. Call today to schedule an appointment with one of our specialists. We can help you to get back to the sports you love!

**Stop Living With Pain– We
Can Help! Call Us Today!
(905) 847-5227!**

HELP US HELP
OUR COMMUNITY!



This month we will be raising money for **NOVEMBER!** We will donate \$10 for every Google review we receive!

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HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

DON'T LET YOUR INSURANCE GO TO WASTE!

Have you been struggling with aches & pains lately? Have you had surgery this year? If you answered YES, now's the time to use your health benefits! Let us help you get a headstart on your health now... before your benefits renew in the new year

Have you undergone surgery recently? Call us today at (905) 847-5227 to schedule an appointment with one of our physiotherapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



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STAFF SPOTLIGHT



CHRISTINA CAMILLERI

CERTIFIED ATHLETIC THERAPIST (C), REGISTERED MASSAGE THERAPIST

Christina is a Certified Athletic Therapist and Registered Massage Therapist. She completed her Bachelor of Arts in Kinesiology at Western University, and then went on to Sheridan College where she obtained her Athletic Therapy degree and her Massage Therapy diploma at Ontario College of Health and Technology.

Christina has experience working with people having a vast array of injuries, both athletic and non. Christina has worked with athletes on the Toronto Argonauts and with the Canadian Sport Institute of Ontario (CSIO), as well as student-athletes from

Toronto Metropolitan University (formerly Ryerson). Currently, she works at the Toronto Rock Athletic Centre overseeing The Rock's development programs.

Christina believes in a holistic approach to therapy. She helps your body move better using a combination of soft tissue and joint mobilizations and then maintains that movement with a prescribed exercise program.

In her spare time, you can find Christina cheering on the Leafs and Blue Jays, or being active rock climbing, snowboarding, or playing soccer.



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