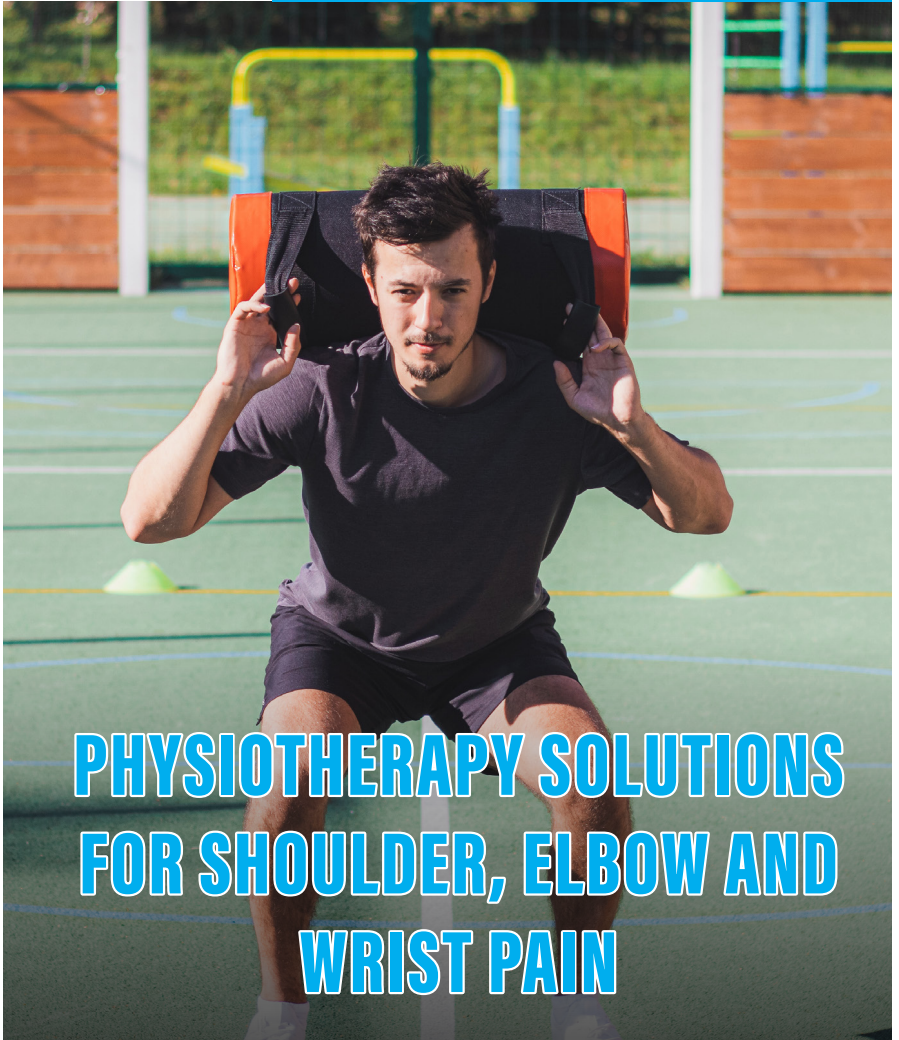




LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME
APRIL 2023



PHYSIOTHERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN

INSIDE:

- Say Goodbye To Shoulder, Elbow And Wrist Pain With Leaps & Bounds
- 5 Benefits of Spring Cleaning
- Help Us Help Our Community





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PHYSIOTHERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN



Are you experiencing pain and weakness in your arm? Is it difficult to brush your hair, or lift and hold things that are part of your daily routine? If so, you may be looking for some answers.

Whether your pain results from an injury or repetitive stress to your muscles or joints, or whether it's being referred from a nerve pinched in your neck, it can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely reversible.

Call our clinic today to make an appointment. With guidance from one of our practitioners, you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING THE PAIN?

About 40% of people with isolated pain in their upper extremity, who believed that their pain was originating from that part of the extremity, actually responded to spinal intervention. So adequate screening of the spine is warranted, especially in the absence of a mechanism of injury to the extremity. Once cleared of a spinal source of extremity pain, further evaluation of the extremity can begin.

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy

lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. Some common causes of shoulder pain and disability are:

- Joint disorders
- Rotator cuff disorders
- Bursitis and tendinitis

Many sports, hobbies, and jobs require repetitive movements leading to overuse. Some common causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Fractures and/or dislocations

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. Some common causes of wrist pain are:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendinitis



SAY GOODBYE TO SHOULDER, ELBOW AND WRIST PAIN WITH LEAPS & BOUNDS

Upper extremity pain and injury can be acute via sport participation, hobbies, or a workplace injury. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury is developing and to get help. Find your therapist so they can identify what may have caused the pain to start and what you can do to resolve it.

WHAT DO MY SYMPTOMS MEAN?

Referred pain from your neck can mimic many upper extremity conditions, especially in the absence of a mechanism of injury. So be sure your therapist does their due diligence and screens your cervical spine thoroughly.

Apart from that . . .

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself. Clarifying the location of your pain will help your therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion in your wrist, thumb, or fingers is often associated with arthritis. Weakness or clumsiness when gripping or holding onto things can be signs of a nerve problem like carpal tunnel syndrome,

especially in the presence of numbness or tingling. Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate some simple solutions.

PHYSICAL THERAPY FOR SHOULDER, ELBOW AND WRIST PAIN

Physiotherapy, chiropractic or athletic therapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization, manipulation, exercise instruction, and education, among other things that are evidence-based and been proven to help alleviate pain and restore function.

These therapists assess your particular condition to identify the contributing factors and address them. They are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain, restore your function and get you back to doing the things you love.

CONTACT OUR CLINIC TODAY

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and helping you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

Contact Leaps and Bounds today for support with learning how to manage the pain, and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

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 Melanoma Canada! We will donate \$10 for every Google review we receive!

CLICK HERE

DO GOOD — LEAVE US A REVIEW TODAY!

**LET'S GET
SOCIAL!**

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca • [f](#) [@](#) [t](#)

5 BENEFITS OF SPRING CLEANING

Have you been putting off spring cleaning? If so, you certainly aren't alone. With your hectic schedule, it can be easy to overlook this essential activity.

However, there are many reasons why you should include spring cleaning into your routine. Here are 5 good reasons to make time for spring cleaning this season.

1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home has a positive effect on your



daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!

5. You can donate unused items to others

Part of cleaning is going through old and unused items to see what can find a new home. Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized.

With so many benefits to spring cleaning, what are you waiting for? Get started today!

PATIENT SUCCESS SPOTLIGHT



"I highly recommend Dan (physio) and Lauren (massage) at Leaps and Bounds. In April 2022, I badly injured my right leg and the surgeon said recovery would take 1-2 years. It is now 9 months later and with the expertise of Dan and Lauren I am 90 percent recovered. Lauren through massage focused on balancing my right and left sides, and Dan worked on mobility, endurance, balance and function. Even though it was hard work, it was fun and I could feel improvement after each session.

A big thank you to Dan and Lauren for working with me to get my life back!" – *Andy M.*



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