



ELEMENT
PHYSICAL THERAPY · AUDIOLOGY
We are the Balance and Hearing Experts

NEWSLETTER

SHOULDER REPLACEMENT RECOVERY

FINDING RELIEF
& RECOVERY WITH
PHYSICAL THERAPY
AFTER TOTAL
SHOULDER
REPLACEMENT



ALSO INSIDE

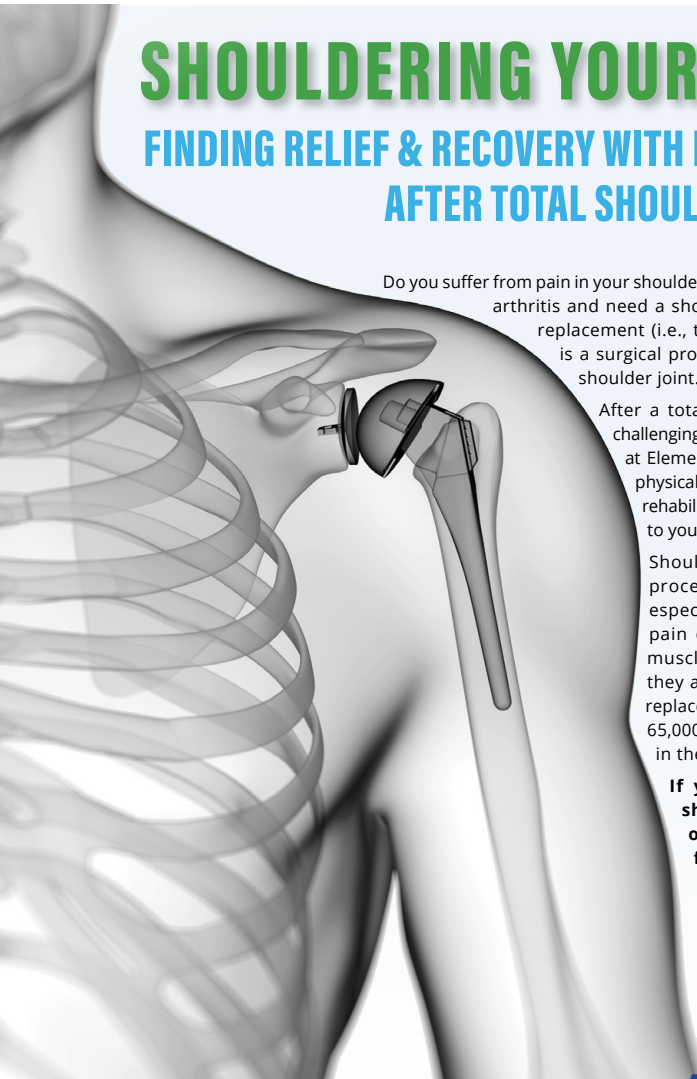
**Cognitive Breathing
and Stretching**

Healthy Recipe



SHOULDERING YOUR RECOVERY

FINDING RELIEF & RECOVERY WITH PHYSICAL THERAPY AFTER TOTAL SHOULDER REPLACEMENT



Do you suffer from pain in your shoulder? Have you been told you have severe arthritis and need a shoulder replacement? Total shoulder replacement (i.e., total shoulder arthroplasty, or TSA) is a surgical procedure to replace part or all of the shoulder joint.

After a total shoulder replacement, it can be challenging to perform daily activities. Fortunately, at Element Physical Therapy & Audiology, our physical therapists can help guide you through rehabilitation after surgery so you can get back to your everyday life as quickly as possible.

Shoulder replacements are a standard procedure that many people undergo, especially those suffering from arthritic pain or severely damaged rotator cuff muscles in the shoulder joint. Although they are less common than a knee or hip replacement, according to the APTA, around 65,000 people have shoulder arthroplasties in the U.S. each year.

If you have recently had a total shoulder replacement procedure, or you have one planned in the near future, contact Element Physical Therapy & Audiology today to find out more about how we can help you achieve relief and recovery.

Continued inside.

SHOULDERING YOUR RECOVERY

UNCOVER LONG LASTING FINDING RELIEF & RECOVERY WITH PHYSICAL THERAPY AFTER TOTAL SHOULDER REPLACEMENT

Continued from previous page.

To ensure the best results following shoulder replacement surgery, it would be in your best interest to participate in both “pre-hab” physical therapy (therapy before surgery) and post-op physical therapy.

The more you prepare before your procedure, the better your recovery. Our therapists can provide you with exercises to ensure you go into surgery with the healthiest shoulder possible.

Your physical therapist will create a customized program for you. This may include strengthening of the shoulder, neck, and back muscles. Mobility exercises and posture training may also be part of your pre-surgery program. We will also educate you about what to expect after surgery to prepare you for the procedure.

Preparing before surgery will help keep your shoulder functioning the best you can, so the procedure and the recovery are much smoother.

Restoring range of motion and strength following total shoulder replacement is considered critical for a successful outcome post-surgery. Physical therapy that starts early after surgery will offer a more rapid recovery.

You will be provided with information on any precautions you should take as your shoulder heals, such as wearing a sling or brace or limiting certain activities. It is important to follow your physical therapist's guidance to ensure you allow for proper healing and optimal results.

Your therapist will teach you how to deal with simple tasks, such as brushing your teeth, getting dressed, getting in and out of bed, and safely removing/putting on your sling. Early on, you will also be taught helpful tips to reduce pain and swelling, such as how to elevate your arm correctly or where to apply ice packs.

As your recovery progresses, your exercises will become more intensive until the function in your shoulder is fully regained. You will be guided through a series of exercises, all aimed at relieving pain, promoting healing, restoring motion and strength to restore your function, and preventing any further damage from occurring.

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

We will start with a post-surgical evaluation that includes checking your wound to ensure no infection has formed. Your therapist will also ask a series of questions to determine your current status and your individual goals.

Our physical therapists are movement experts and will help improve your quality of life through hands-on care, patient education, and prescribed exercises. We use the information gathered in the initial evaluation to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique.

Rehabilitation should start immediately following surgery to ensure the fastest recovery possible. Once you get your shoulders moving again, there are some exercises you can do on your own, and your physical therapist will provide clear instructions to ensure you have the best possible outcome!

If you have recently received a total shoulder replacement or need it in the future, contact us today. At Element Physical Therapy & Audiology, our physical therapists are highly trained to guide you through pre-hab and post-surgical physical therapy so you can regain your optimal shoulder function!

[Click Here to Request an Appointment](#)

HEALTHY RECIPE

ROASTED BUTTERNUT SQUASH



INGREDIENTS:

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 3 tbsp good olive oil

DIRECTIONS: Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

www.foodnetwork.com/recipes/na-garten/roasted-butternut-squash-recipe-1921606



406-220-5362

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!

COGNITIVE BREATHING AND STRETCHING

Have you heard about how important it is to breathe correctly with stretching but aren't sure how? Our physical therapists will guide you through targeted stretches combined with cognitive breathing to ensure you get the benefits you are looking for!

Stretching is an effective way to restore and improve your joint mobility and muscle flexibility. When you combine cognitive breathing with stretching, you will reduce your stress levels, trigger a relaxation response and tolerate going deeper into your stretches to maximize your results.

Cognitive breathing means intentionally focusing on taking a deep breath to use the diaphragm muscle, resulting in a relaxation response. To gain the most from your stretching, take a deep breath through your nose and feel your diaphragm muscle help to fill your lungs. Pause, and then allow the air to leave your lungs while simultaneously letting your body go deeper into the stretch you are performing.

Our physical therapists will guide you through targeted stretches to address your specific condition and use cognitive breathing techniques to maximize your results! **Call today to schedule an appointment with one of our specialists!**



EXERCISE ESSENTIALS

SHOULDER EXTENSION (CANE)

Start by standing up straight with the arm to be exercised hanging by your side. Hold each end of the cane with one hand so that your arm to be exercised is holding the bottom end and your assisting arm is raised holding the top to make the cane positioned in a diagonal line. Lightly move your arm behind you pulling the cane and keeping your arm straight while your other arm assists by pushing lightly. Hold and then repeat as directed by your provider.



A NOTE FROM AMY

How to Make a Routine Into a Habit



Hello Friends,

Are you finishing your rehabilitation and want to take your routine and make it a habit for a healthier life? Our physical therapists at Element Physical Therapy & Audiology will help keep you on track and motivate you to stay active and healthy!

Sticking to a routine is one of the most challenging obstacles for people to overcome. Despite the persistent message about how important it is to get moving and stay active, it seems impossible to get started and even harder to keep going.

Too often, the fear of overdoing it leads to putting off starting a routine. For others, the struggle is not in the willingness to get moving; it's because they don't know exactly what to do first.

At Element Physical Therapy & Audiology, our team will work with you to set attainable goals and give you the guidance and accountability you need to be successful.

Call today to set up an appointment and start living the life you deserve!

Happy Holidays!

All the best,
Amy Downing,
PT, Owner, Emory Certified Vestibular Specialist

COME BACK TO PT!

ARE YOU IN PAIN?

Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!



Call (406) 220-5362 OR Scan the QR code below to make an appointment.

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