



Physical Therapy & Wellness

The Newsletter About Caring for Your Health



FIND RELIEF FROM ZOOM SHOULDER WITH PHYSICAL THERAPY

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WHAT'S CAUSING YOUR ZOOM SHOULDER?

Of the many changes to our daily lives that the pandemic has caused, arguably the biggest change has involved the various stay at home orders we've been under. People who previously worked in offices have been working at home and kids who previously attended school at the school have been "attending" school remotely.

These changes have had profound effects on our lives. From affecting the commercial real estate market (office space occupancy has dropped), to the stock market (companies like Zoom and Amazon have gone through the roof), to the sale of home exercise equipment (again, sales are through the roof), many aspects of our lives have changed.

A change that we've seen has been an increase in complaints of "idiopathic" (without an obvious cause) shoulder pain. A very common scenario is an adult who has, for the first time, been working

at home and has developed shoulder pain that is worse with raising the affected arm overhead, at night while sleeping, and while working at the computer. This is a classic presentation of "shoulder impingement", where the small rotator cuff muscles of the shoulder are jamming or pinching against the upper part of the shoulder blade (the "acromion").

One of the leading causes of shoulder impingement is poor posture, particularly poor sitting posture, particularly poor sitting posture while working on the computer. Hours of sitting at the computer with poor posture will cause the rotator cuff muscles to be more easily jammed against the acromion. Poor sitting posture also impairs the overall mobility of the shoulder blade ("scapula") and the middle part of the spine (the "thoracic spine"), which are crucial for healthy shoulder function.

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **g3.life** to schedule your appointment today!

Why do we call this “Zoom shoulder”?

A common scenario with the shift to home offices has been home offices that are not necessarily well-equipped with an ergonomically proper work station. This then leads to that poor sitting posture that I mention earlier.

So what to do about Zoom shoulder? First, if your shoulder pain is significant enough that it is affecting your daily function--working tolerance, sleeping tolerance, activity/exercise tolerance--physical therapy is probably your best course of action. At physical therapy, we can calm down your pain with manual therapy and modalities, work on your mobility and strength with joint mobilizations and exercise, and, most importantly, educate you on proper sitting posture that won't lead to Zoom shoulder. Equally important is teaching you some simple home exercises that can help you treat yourself (picture elsewhere in this newsletter).

So if you're experiencing Zoom shoulder, or any shoulder pain for that matter, please give us a call at 760-452-2640 to schedule a free shoulder screen so we can help you get back to pain-free shoulder function.



FREE SHOULDER CONSULTATION

Limited Spots Available for our FREE Shoulder Consultation on 4/22!

We have 2 NEW REVOLUTIONARY treatment options that have been giving our patients great RELIEF and wanted to share them with our G3 Family.

Both options are typically a combined \$189 per session but we are giving away a free trial session of these 2 treatment options. Again, only on on April 22nd and there are limited spots available at each location. ***Some even say that they found up to 80% of relief with a SINGLE treatment!***

Our goal is to get our patients back to doing the things they love with the people they love in as pain-free and non-invasive a way as possible.

Call 760-452-2640 now to schedule your FREE EXAM!



PHYSICAL THERAPY
WELLNESS CENTER
WOMEN'S HEALTH

THE FREE EXAM IS IDEAL FOR PEOPLE SUFFERING FROM:

- Shoulder Stiffness
- Frozen shoulder
- Interrupted sleep
- Popping or crunching noises
- Inability to fully lift arm overhead or reach behind back
- Weakness or instability of the joint

Call 760-452-2640 Today!

Patient Spotlights



"All that, delivered in a friendly, personable, upbeat atmosphere."

"I had experienced a couple of different physical therapy facilities in my lifetime and can say that G3 is by far the best. Not only for their expertise, but their unique and interesting therapeutic treatments/movements. All that, delivered in a friendly, personable, upbeat atmosphere. It's kept me interested and motivated!" — **Lynnda D.**



"I couldn't have been more satisfied with the expert care I received last summer."

"I couldn't have been more satisfied with the expert care I received last summer when I suddenly started experiencing a strange pain in my leg. After several sessions and concentrated treatments and exercise, my pain completely cleared up and I felt stronger and healthier than ever before. Especially during the pandemic, I was grateful to have been offered the opportunity to be treated in a safe and private setting, which gave me the confidence to go the distance until I was fully recovered. A big hug and thank you to Stephanie and everyone's kindness that I received at the Solana Beach location." — **Lori B.**

Letter From Mike

Dear G3 Family,
Spring has sprung!!

I'm not sure why, but this winter seemed like it stretched on forever. The weather wasn't particularly unpleasant (shocker), but the general "energy" just seemed a little off to me.

Fast forward to April and it feels like a veil has been lifted. While I can't describe it, I certainly feel it. Am I alone with this feeling?

In any event, I feel like the "energy" is back! As it relates to G3, if you haven't been by Encinitas lately, come check out the latest remodel/facelift that should be complete at the time of this letter. Talk about energy--more open space, windows, and new lights!! I can't imagine any more remodel work we can possibly do in Encinitas, but you never know.

Also, if you haven't been by Encinitas or Solana Beach this month, you'll notice that Brie has moved her "office" to Solana Beach. We were sad to see Stephanie leave us (she wants to check out in-patient PT) and Brie was kind enough to move over to Solana Beach to replace her. Encinitas' loss, but Solana Beach's gain!

Fortunately for you Brie fans, Solana Beach is less than 15 minutes from the Encinitas clinic, so you don't have to go too far out of your way to get your Brie fix.

Wishing everyone a spring renewal of body, mind and spirit. Please stop by G3 and say hi--we miss you!!

**To your health,
Mike Van Gilder**