

BROSTROM PHYSICAL THERAPY

Quote of the Month:

"Kind words can be short and easy to speak, but their echoes are truly endless."

-Mother Theresa



"Hands-on treatment you need with the care you deserve."

Monthly Newsletter
July 2020

Adhesive Capsulitis ("Frozen Shoulder")

From the desk of: Sarah Dacko, PTA

Pain in the shoulder? Loss of mobility overhead and reaching behind the back? Difficulty reaching into the cupboards or putting a belt on? You could have frozen shoulder.

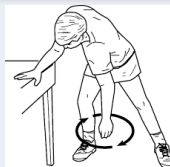
What is frozen shoulder? Frozen shoulder occurs when scar tissue forms in the shoulder. This causes the shoulder joint's capsule to thicken and tighten, leaving less room for movement. The movements become stiff and painful, therefore loss of ROM (range of motion) is noted.

Most often, frozen shoulder occurs after a traumatic injury to the shoulder. Whether that results in a fracture or not, the shoulder is now prone to adhesive capsulitis. If a traumatic situation was to happen it is best to seek medical attention right away and then pursue **physical therapy** once receiving clearance from a Physician. If a fracture was ruled out it is very important to **keep the shoulder moving**. There are various AROM (active range of motion) and AAROM (active assist range of motion) exercises you can perform at home prior to starting physical therapy if suggested from a Physician¹:

Pendulums

Cane into shoulder flexion

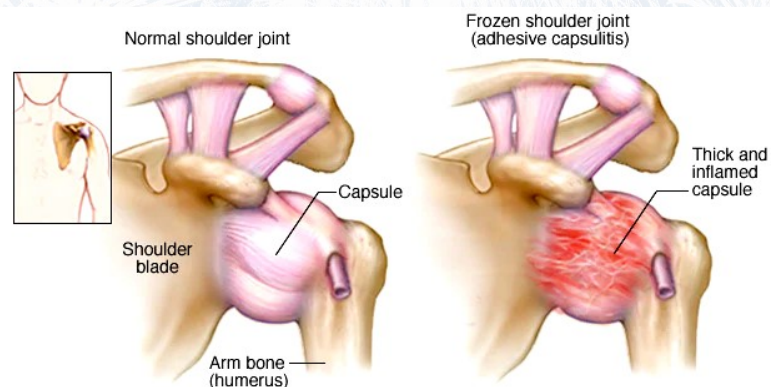
Towel stretch into internal rotation



Why physical therapy? First off, over **90% of patients find success** with non-operative treatment including use of NSAID's and **physical therapy** over an average of 4 months. As little as 4 weeks of targeted intervention can improve pain and strength in frozen shoulder patients.

Our treatment consists of special tests at initial evaluation to assess the integrity of the shoulder (glenohumeral joint) and the capsule. Manual treatments, including PROM (passive range of motion) of the shoulder and stretches are designed around appropriateness for each patient. Soft tissue mobilization, therapeutic exercise, including strengthening exercises targeting rotator cuff musculature and scapula strengthening to ensure proper posture and glenohumeral joint positioning, are also offered. Modality usage as needed may occur based around pain if contraindications are cleared with our therapists prior to use.

Suffering from frozen shoulder? After being evaluated by your Physician, we would love to be a part of your care team!



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Article References:

¹Morrison, MD, W. (2017, December 5). Frozen shoulder: what you need to know. In *Medical News Today*. Retrieved from <https://www.medicalnewstoday.com/articles/166186>

²Page, P. (2010, December). Adhesive capsulitis: use the evidence to integrate your interventions. In *US National Library of Medicine*. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3096148/>



Announcing our 8th Annual ~ Hygiene Drive ~ for Active Faith South Lyon!

All donations are much appreciated and will be given to the local Active Faith.
Donations can include but are not limited to:



- Toothbrush(es)
- Toothpaste
- Shampoo
- Conditioner
- Soap
- Mouthwash
- Razors

- Floss
- Toilet Paper
- Paper Towel
- Brush(es)
- Comb(s)
- Deodorant
- Floss



For the safety of our recipients, we are only able to accept new and packaged hygiene items. We will be accepting new items through August 2020.

Thank you for helping to better our local community!



Recipe of the Month: Ina's Potato Salad

Prep Time: 10 minutes | Cook Time: 15 minutes | Ready In: 3 hours & 30 minutes | Makes 6-8 servings

Ingredients:

- ◇ 3 pounds small white potatoes
- ◇ Kosher salt
- ◇ 1 cup mayonnaise
- ◇ 1/4 cup buttermilk
- ◇ 2 Tablespoons Dijon mustard
- ◇ 2 Tablespoons whole-grain mustard
- ◇ 1/2 cup chopped fresh dill
- ◇ Freshly ground black pepper
- ◇ 1/2 cup chopped celery
- ◇ 1/2 cup chopped red onion



Directions:

- Place the potatoes and 2 Tablespoons of salt in a large pot of boiling water. Bring the water to a boil, then lower the heat and simmer for 10-15 minutes, until the potatoes are barely tender when pierced with a knife. Drain the potatoes in a colander, then place the colander with the potatoes over the empty pot and cover with a clean, dry kitchen towel. Allow the potatoes to steam for 15-20 minutes.
- Meanwhile, in a small bowl, whisk together the mayonnaise, buttermilk, Dijon mustard, whole grain mustard, dill, 1 teaspoon salt, and 1 teaspoon of pepper. Set aside.
- When the potatoes are cool enough to handle, cut them in quarters or in half, depending on their size. Place the cut potatoes in a large bowl. While the potatoes are still warm, pour enough dressing over them to moisten. Add the celery, red onion, 2 teaspoons of salt, and 1 teaspoon of pepper. Toss well, cover, and refrigerate for a few hours to allow the flavors to blend. Serve cold or at room temperature.

Recipe courtesy of: <https://www.foodnetwork.com/recipes/ina-garten/potato-salad-recipe-1917182>

