



Health+Fitness

NEWSLETTER



WE CAN HELP SHOULDER PAIN & ROTATOR CUFF INJURIES

Discover How PT

*Can Help With
Shoulder Injuries*

Direct Access

*Save Time, Save Money, Improve
Your Health Naturally*

Healthy Recipe

*Try This Healthy Recipe
Perfect With The Family*

Is pain or an injury keeping you from enjoying life? Schedule your consultation with a physical therapist today by calling 405.478.5333!



SHOULDER PAIN RELIEF

Have you noticed your shoulder is sore and not working like it used to? Have you been told you have a rotator cuff injury? Whether you have a sore shoulder or just had surgery to repair a tear, our team at Courcier Clinic can help you recover from any shoulder problem and get back to using your arm doing what you love!

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are at an increased risk of injury.

When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

Poor posture and improper positioning of the shoulders can make your shoulder blade (scapula) vulnerable to pain and rotator cuff injuries. When left untreated, a rotator cuff tear can cause severe pain and decrease the ability to use the arm.

Call Courcier Clinic to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

COMMON CONDITIONS THAT CAUSE SHOULDER PAIN

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes is often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendonopathy:** Tendinopathy can occur when the joint is irritated or overused. Tendinopathy progresses from tendonitis (inflammation of the tendon) to partial tearing and eventually to complete tearing of the tendon.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder causes significant motion deficits and pain. This condition can occur without apparent cause and/or if your arm has been immobilized for a while.

At Courcier Clinic, our physical therapists are experts at treating shoulder pain and injuries. We use the most advanced diagnostic testing to ensure an accurate diagnosis and effective treatment.

Call Courcier Clinic at **405.478.5333** to schedule your appointment today!
Visit courcierclinic.com for more information.

WHAT IS MUSCULOSKELETAL ULTRASOUND

Musculoskeletal ultrasound imaging (MSKUS) uses the same technology as cardiology or obstetric visits to produce images of muscles, tendons, ligaments, nerves, and joints. The test can be done at rest or with movement and is a valuable tool to pinpoint the source of pain. This test provides similar results to an x-ray, CT, or MRI; without the risk of radiation or claustrophobia. It can also assess tissues during movement.

Musculoskeletal ultrasound is commonly used to diagnose the following conditions:

- Osteoarthritis and rheumatoid arthritis
- Tendonitis/Tendon Tears
- Bursitis
- Joint Effusion (fluid)
- Nerve Conditions

Musculoskeletal ultrasound imaging has a high sensitivity for identifying tendon degeneration, bursitis, and rotator cuff tears of the shoulder. It is effective for rotator cuff integrity and correct anchor and suture placement which is critical for successful rehabilitation and results from surgery. It also has advantages over other imaging modalities in evaluating the postoperative shoulder condition.

WHAT TO EXPECT IN PHYSICAL THERAPY

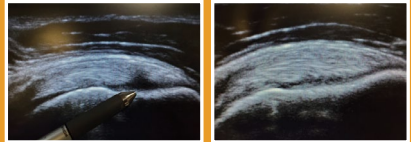
Your initial appointment will consist of an evaluation to determine what course of treatment will be best for your needs. Your treatment plan will assist in restoring your range of motion, rotator cuff strengthening, shoulder blade stability exercises, and overall function of the affected shoulder. At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring essential mobility. This may include

sequenced manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan. When you visit a physical therapist to treat your shoulder, you can expect to engage in active exercises that are proven to be the best course of care for shoulder pain/injury.

CALL TODAY TO SCHEDULE AN APPOINTMENT

At Courcier Clinic, we use specialized techniques to help improve the way your shoulder moves and functions. Our dedicated therapists will provide you with some much-needed relief and get you started on your path toward recovery! If you are suffering from shoulder pain or wonder if MSKUS is right for you, contact us today!

Musculoskeletal Ultrasound (MSKUS)



Musculoskeletal Ultrasound (MSKUS) is a great diagnostic tool to diagnose shoulder, elbow, and wrist problems, such as carpal tunnel and rotator cuff injuries.

MSKUS can be done in our office— call to schedule today! We help you find the problem swiftly, so you can get back to enjoying life.

Shoulder Pain Workshop



If pain limits you from daily tasks, you need hands-on P.T. Call for a FREE screen or schedule today if you don't want to wait for the workshop!

Jeff Courcier will be teaching **Shoulder Pain Workshops** on April 11th, 2022 at 6:00 PM, and May 9th, 2022 at 6:00 PM. These will be informative workshops for people to learn how Physical Therapy can help relieve your shoulder pain and improve your function!

Neuropathy Workshop



If neuropathy is keeping you from doing what you love, we can help. Call for a FREE screen or schedule today if you don't want to wait for the workshop!

Jeff Courcier will be teaching **Neuropathy Workshops** on April 18th, 2022 at 6:00 PM, and May 16th, 2022 at 6:00 PM. These will be informative workshops for people to learn how Physical Therapy can help relieve your neuropathy and improve your function!

Call 405-478-5333 to reserve your spot for any of the workshops today! Hurry space is limited!

DIRECT ACCESS & INSURANCE INFORMATION

Save Time, Save Money, Improve Your Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a physician referral is not needed. In the state of Oklahoma, you have direct access to physical therapy for 30 days without a doctor's order. You have the power to choose. You can schedule a Wellness Eval/Treatment if you are still hurting and not getting the help you need. The P.T.s at Courcier Clinic have extensive specialty training in sequenced manual therapy, functional dry needling, diagnostics using EMG and MSKUS to provide a higher level of care that is not found at all P.T. clinics. If you have failed at other traditional P.T. clinics and you have chronic pain, there is hope for help at our clinic.

Clinic Update



Jeff & Melinda have added Neubie Neufit System for neurological treatment at Courcier Clinic!



Vanessa will be starting P.T. school at Langston University in June 2022! We wish her all the best!



David, Mary, and Chance representing Courcier Clinic at Chicken & Pickle community outreach.

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Healthy Recipe

Marinated Chicken Breast

INGREDIENTS

- 4 oz. chicken breast
- 1 teaspoon olive oil
- 1 1/2 teaspoon balsamic vinegar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried basil
- 1/4 teaspoon thyme
- 1/4 teaspoon pepper

DIRECTIONS

1. In a bowl or a large Ziploc, mix the basil, thyme, garlic powder, and pepper with balsamic vinegar and olive oil. Preheat oven to 425.
2. Cut the chicken breast into thumb-sized pieces or strips, then place in the marinade for at least 20-30 minutes.
3. Take the chicken out of the marinade and bake at 425 for 25 minutes.

<https://diabetesstrong.com/marinated-turkey-breast/>