

**Live,
Without Pain!**

March 2007 Newsletter

If you or your organization would like to book a speaker regarding Laser Therapy, please call Suzanne Biller at (403)235-2737 or email sbiller@laserhealthsolutions.com.

Rotator Cuff Injuries



Dr. Rob Skleryk D.C.

Do you have weakness in your shoulder? Loss of range of motion? Pain in your shoulder, especially when lifting, reaching overhead, reaching behind your back or sleeping on that side?

If you said yes to these questions, there is a good chance you have a rotator cuff injury. This may have been caused by repetitive arm movements, bracing yourself from a fall, lifting something heavy or even poor posture. Age also plays a role. After age 40, you are more likely to experience calcium deposits and bone spurs, which irritate the rotator cuff. Normal wear and tear can cause a breakdown of collagen in the tendons and muscles, leaving you more susceptible to injury.

Featured This Month:

- **Rotator Cuff Injuries**
- **Success Stories**

Damage or irritation to your rotator cuff can include the following:

- Tendonitis. Tendons can become inflamed due to overuse.
- Bursitis. The fluid-filled sac between your shoulder joint and tendons can become inflamed.
- Strain or tear. Tendonitis or repetitive stress can cause a tendon or muscle to tear.

How can you prevent an injury?

Proper posture and proper lifting techniques are a good place to start. Keep all weight that you're lifting within your strength capability. Avoid continual, repetitive movements if possible. Daily warm ups, stretching and shoulder exercises will help you avoid injury. Applying 10 minutes of heat and 10 minutes of ice at night before you go to bed is another good method of prevention.

How can you treat an injury?

Laser Therapy kick-starts healing by providing more energy to the cells. Rather than suppressing inflammation, it speeds the body through the inflammation stage allowing important growth factors to be secreted. Laser

Success Story - Rotator Cuff Injury

"So I came into the clinic (Laser Health Solutions) despite being a little skeptical. After the second session I noticed a huge improvement. After several sessions within days, I was having almost no pain and quite a lot more range of motion. I was able to go about my routine and sports virtually pain free. I would highly recommend laser therapy because it works". **Fraser M.**



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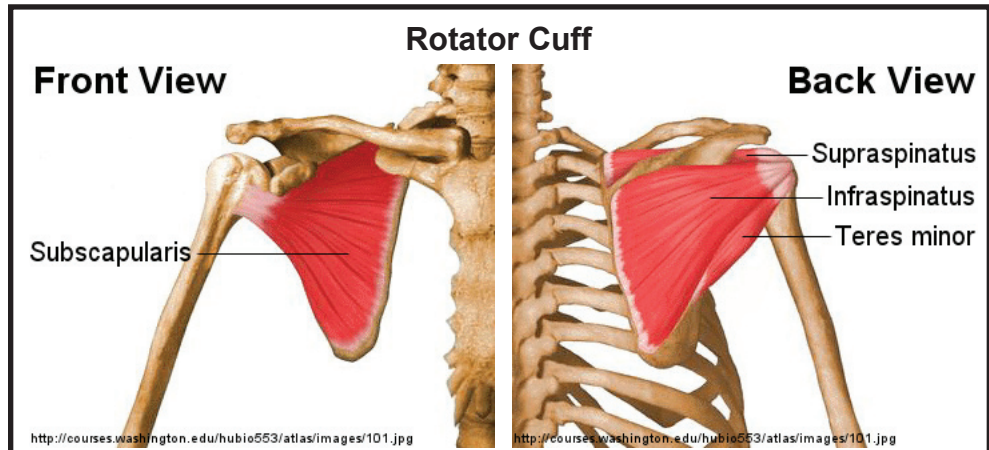
Therapy encourages the growth of normal, healthy tissue rather than inferior scar tissue that could cause restriction of motion and compression of nerves.

For a recent injury, putting **ice** on your shoulder will help reduce inflammation as well. We recommend using a gel cold pack covered with a damp cloth for 10 minutes at a time. You can do this numerous times a day. Be cautious not to exceed 10 minutes or you risk getting an ice burn. If this is a chronic injury, alternate 10 minutes of **heat** using a hot pack or heating pad, and 10 minutes of ice. Heat will relax tight, sore muscles and increase blood flow to the area. When alternating, always end with ice.

Rehabilitation exercises will improve the flexibility of your rotator cuff and shoulder muscles as well as provide balanced strength. Other than rehabilitation exercises, rest if you can. Avoid heavy lifting, overhead activity and movements that cause pain.

While **Laser Therapy** is an excellent treatment for many shoulder conditions, surgery is sometimes required if large tears, bone spurs or calcium deposits are present.

If you would like detailed information on stretching or shoulder exercises email Suzanne at sbiller@laserhealthsolutions.com



The shoulder has more range of motion than any other joint in your body. The rotator cuff is made up of four major muscles - subscapularis, supraspinatus, infraspinatus and teres minor. The tendons of these muscles connect your upper arm bone and shoulder blade. And they hold the ball of your upper arm bone securely in your shoulder socket.

Success Story - Rotator Cuff Injury

“After just two sessions of laser treatment I could feel a reduction of pain and more freedom to use my arm and shoulder. Now after a total of nine treatments even on an intermittent basis (due to my work travel) the pain is almost non-existent. At least 98% gone! ...I went on vacation and played 6 rounds of golf in 10 days and no pain. I have recommended your services to many people and will continue to do so. Thank you.” **Ben F.**

Coming up next month:

- Tennis Elbow
- Trivia Question
- More Success Stories

Have Questions?

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