



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

July 2024 Volume 4 / Issue 7

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### GOT ELBOW PAIN? COULD IT BE MEDIAL OR LATERAL EPICONDYLITIS?

Have you ever had a nagging pain on the inside or outside of your elbow, as well as pain with activities involving grip? You may have had medial (Golfer's elbow) or lateral (Tennis elbow) epicondylitis. These conditions can resolve on their own with proper rest and by avoiding aggravating activities, but they are known to resurface if the forearm muscles are not strengthened properly. PT/OT can help you get better, faster, and help prevent an acute issue from turning into a chronic issue. PT/OT can also help you strengthen your grip muscles to prevent re-injury in the future. Check out this month's featured blog to find out more or give us a call today to schedule an appointment.



### AROUND THE CLINIC:

July is Juvenile Arthritis Awareness Month Known as Juvenile Rheumatoid Arthritis or JRA. Most people know of the arthritis we all get as we age, however there is a small population of children, who get an arthritis caused by an autoimmune disorder, which causes the body to attack its own tissue and therefore leads to arthritis. Most of these cases occur in children between the ages of 12-17, but can occur in younger children in rare instances. The treatment for these cases is constantly evolving, and physical therapy can be helpful. Check out this blog to find out more information regarding JRA: <https://www.ptscgj.com/post/juvenile-arthritis>

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# Spotlight Diagnosis of the Month

**Diagnosis:** Scapular Dyskinesia

## What is it?

Poor movement of the scapula (shoulder blade) during shoulder movement, or Scapular Dyskinesia, is a frequently forgotten cause of pain and dysfunction within the shoulder. The shoulder joint is a gateway between the torso and the upper limb with the scapula being a major determinant of function of the upper limb. This complex ball and socket joint offers movement through multiple planes and is rather unstable when compared to similar joints. For optimal movement to occur, the shoulder and the scapula must move in harmony. When these parts do not move in harmony it can lead to pain and limit the use of the arm.

The causes of Scapular Dyskinesia can be separated into three groups: shoulder-related, neck-related and posture-related.

- Shoulder-related causes are the most common and are associated with instability, impingement, and injury.
- The neck-related causes can be separated into two subtypes: mechanical neck pain syndromes and cervical nerve root-related syndromes.
- The posture-related causes consist of any abnormality of imbalance that affects to alignment of the spine.

## Common Symptoms


- pain with shoulder movement
- shoulder impingement/pinching
- scapular instability
- poor posture
- development of compensatory actions/movement
- muscle fatigue

## How Physical Therapy Can Help:

Physical Therapy can help with Scapular Dyskinesia by assessing where the imbalance or instability is, and determining the most likely cause. This is done via three-stage clinical assessment that consists of direct observation, manually assisted movements, and assessment of the surrounding structures. Once the cause has been identified, an individualized treatment is created to address the deficiencies of the structures and the functional needs of the patient. The main goal is to improve overall function at different levels from the cervical and thoracic spine to the shoulder.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

\*\*\*Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.\*\*\*

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