



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

January 2025 Volume 5 / Issue 1

OUR STAFF

Clinic Manager:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

Andrew Eastep, PTA

Brad Fenter, DPT

Karen Hayter, DPT

Chris Moore, OTR

Laurel Sampson, MPT

Mariah Sis, PTA

Front Office:

Ariana Stassen, Front Office
Supervisor

Cassie Clarke, Front Office
Coordinator

Kathy Pearson, Front Office
Coordinator

Nina Campos, Front Office
Coordinator

Back Office:

Jeremy Allgood, PT Tech

Michael "Butch" Cassidy, PT Tech

ROTATOR CUFF TEARS - REVISTED

Shoulder pain and injury seem to be a topic of recent conversations around Primary Care Partners, so we decided to revisit a wonderful blog that was written by one of our fabulous therapists in 2023 regarding rotator cuff tears. Here is the link to that blog: <https://www.ptscgj.com/post/rotator-cuff-tears> .

Whether your shoulder is feeling painful due to recent festivities, decorating, or perhaps even that darn snow shoveling, this blog has it all. It is very extensive in the discussion of the rotator cuff and what kind of damage can be done to it, as well as possible rehabilitation options to assist you back to your life without pain. Check it out and see what you may have missed. If you are currently experiencing shoulder pain, give us a call and see how we can help.


AROUND THE CLINIC:

January is the time for New Year's Resolutions. We have done several blogs on proper "goal setting" to put meaningful goals in place and assist you to improved health and longer lasting benefits. Check out these blogs to change your view of your New Year's Resolution and finally make those resolutions stick!

<https://www.ptscgj.com/post/new-year-s-resolutions-for-your-health>

Also: Check out how to transition to the gym, we have 5 parts to this blog, but this is the link to Part 1:

<https://www.ptscgj.com/post/transitioning-to-the-gym>

 (970) 241-5856



www.ptscgj.com



facebook.com/ptsc

Spotlight Diagnosis of the Month

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

Diagnosis: Total Shoulder Arthroplasty vs Reverse Total Shoulder Arthroplasty

What is it?

Total Shoulder Arthroplasty (TSA)

In any total joint replacement an implant is placed to mimic the normal joint mechanics of the joint that is being replaced. In a total shoulder arthroplasty, the implant will mimic the normal anatomy of the shoulder. The surgeon will place a plastic cup into the shoulder socket (glenoid), and a metal ball is attachment to the top of the upper arm bone (humerus). In a healthy shoulder, the rotator cuff muscles help position and stabilize the shoulder joint. Conventional total shoulder replacements are usually performed on those that have a healthy rotator cuff, as the replacement device uses the rotator cuff muscle to help the shoulder function properly.

Reverse Total Shoulder Arthroplasty (rTSA)

A reverse total shoulder differs from the conventional total shoulder in that the socket and the metal ball are switched. The surgeon will fix the metal ball into the socket (glenoid) and the plastic cup is fixed to the upper end of the arm bone (humerus). The rTSA is the best option for those whom have no repairable rotator cuffs, because the “switched” joint mechanics no longer has to rely on the rotator cuff muscles to stabilize and move the shoulder joint. Reverse total shoulders may be recommended if you have:

- A completely torn rotator cuff that cannot be repaired
- Cuff tear arthropathy
- A previous shoulder replacement that was unsuccessful
- Severe shoulder pain and difficulty lifting your arm away from your side or over your head
- A complex fracture of the shoulder joint
- A chronic shoulder dislocation
- A tumor of the shoulder joint

How Physical Therapy Can Help:

Both TSA and rTSA are surgical interventions that require physical therapy to help with the post-op rehabilitation. Physical therapy generally is started in the first week after surgery with the main goal of trying to regain range of motion. As the healing process continues and the surgeon’s protocol allows, gentle strengthening is introduced. The main goal is to regain normal function and strength of the shoulder joint. Patients generally participate in physical therapy for 2-3 months based off their status and progress with rehab. Most people who have a TSA or a rTSA report in the long-term, improved function and decreased pain after surgery.

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.

