



### OUR STAFF

#### Clinic Manager:

Kari Mullaney, MSPT

#### Our Therapists:

Tara Albright, DPT

Andrew Eastep, PTA

Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Chris Moore, OTR

Kelley Pope, PT

Laurel Sampson, MPT

Mariah Sis, PTA

#### Front Office:

Ariana Stassen, Front Office  
Supervisor

Angel Ebertowski, Front Office  
Coordinator

Cassie Clarke, Front Office  
Coordinator

Kathy Pearson, Front Office  
Coordinator

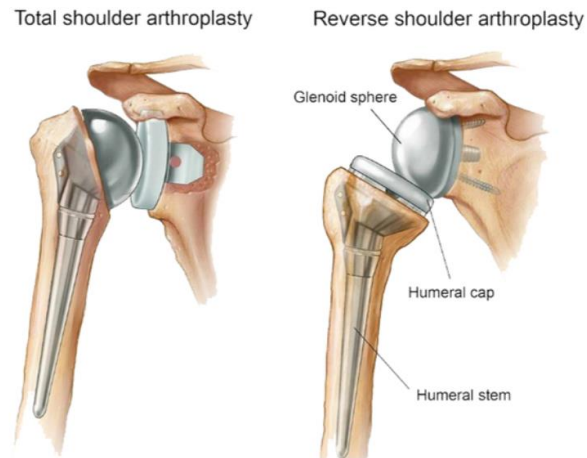
#### Back Office:

Chase Keys, PT Tech

Jeremy Allgood, PT Tech

### Total Shoulder Arthroplasty vs Reverse Total Shoulder Arthroplasty

Every year, thousands of people get a conventional total shoulder arthroplasty (TSA). This is also known as a shoulder replacement. This type of procedure is usually done due to severe osteoarthritis of the shoulder joint. However, this type of procedure is not always appropriate for those whom have sustained a large rotator cuff tear and developed a type of shoulder arthritis secondary to the tear or injury. For those patients, a reverse total shoulder arthroplasty (rTSA) is chosen as the more appropriate option. Check out our blog this month regarding TSA and rTSA to see the differences and find out more information.



### AROUND THE CLINIC:

June is Migraine and Headache Awareness month. Did you know that physical therapy has been shown to be an effective treatment for headaches, demonstrating improved headache symptoms, a decrease in disability from headaches, and improvements in quality of life? If you are struggling with headaches, maybe give PT a try and see how we can help. Also, HAPPY FATHER'S DAY to all the dads out there!



# Spotlight Diagnosis of the Month

## Diagnosis: Shoulder Instability

**What is it?** In a normal shoulder joint, ligaments and muscles work together and balance each other to keep the shoulder properly positioned. If any of the ligaments or muscles are damaged, weak, or not engaging, this leads to improper positioning of the shoulder joint which can lead to impaired function, loss of motion, pain, or potentially a dislocation or subluxation (partial dislocation). This altered joint function causes pain and decreased or excessive shoulder movement. Anterior instability is the most common form of shoulder instability and occurs when the head of the humerus (arm bone) shifts forward. This can occur after a traumatic anterior dislocation where overstretching of the ligaments in the front of the shoulder occur. Posterior instability, a backward shift of the head of the humerus, is less common and tends to affect athletes with overhead activities or from a traumatic fall. Multidirectional instability, or shoulder instability in multiple directions, tends to be caused by a generalized looseness/weakness in all of the muscles and ligaments in the shoulder. Pain in this specific type is typically in mid-range of motion due to having poor muscular activation to stabilize the joint.

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

## Common Symptoms

- Pain in the shoulder joint and/or surrounding musculature
- Reduced or increased/excessive shoulder range of motion in one or multiple directions
- Recurrent clicking
- Pinching or clunking in the front or back of the shoulder
- A looseness of the shoulder in one direction or multiple directions
- A dead-arm feeling with throwing motions

## How Physical Therapy Can Help:

Physical Therapy can help identify shoulder movements dysfunctions which often are the source of shoulder pain. A physical therapist can help you strengthen specific shoulder muscles that may be weak or inactive, which can provide a more stable shoulder joint. Physical therapists can help provide education to prevent future recurrence of shoulder subluxation/dislocation. They can help identify any muscles or ligaments that are tight and need to be stretched to promote proper shoulder posture and movement patterns. A physical therapist can also provide manual therapy to help reduce shoulder pain and improve joint motion/positioning.

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\*\*\*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.\*\*\*

