



**MAY 2022**



**DITCH YOUR SHOULDER PAIN**  
*For Good!*

*Dr Shara Labelson - Tarrytown Physical Therapist providing manual passive range of motion & stretching to improve shoulder pain.*

**ALSO INSIDE**

Give Your Pain The Cold Shoulder! • Meet Our Patient Of The Month! • Welcome Dr. Michael Donnelly, PT, DPT, CSCS



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

**NEWSLETTER**

MAY 2022



# DITCH YOUR SHOULDER PAIN *For Good!*

Have you been experiencing an achy sensation in your arm? Are you having issues getting to sleep at night or problems lifting things? If these symptoms sound familiar, you might have a rotator cuff injury or neck pain. At ProClinix, our therapists can help figure out what is causing your symptoms and how to resolve them once and for all!

The rotator cuff comprises muscles and tendons that help keep the shoulder in place and moving correctly. People experiencing rotator cuff injuries typically report feeling a painful, dull ache deep in their shoulder or trouble getting a good night's sleep due to pain. Some people experience difficulty reaching behind their backs or weakness in their arm especially reaching to the side or overhead.

All too often, the source of the problem lies in the neck; a condition referred to as cervical radiculopathy. An irritated nerve in the neck can also lead to pain in the shoulder. Symptoms also include pain, weakness, and difficulty sleeping. These symptoms can be similar to those experienced by someone with a torn shoulder/rotator cuff injury.

At ProClinix, we offer effective, non-invasive methods of therapy that can help relieve your shoulder pain and heal your rotator cuff injury and/or neck pain. If you think you may have a rotator cuff injury or neck issues, contact our clinic and set up an appointment today!

## HOW TO TELL IF IT IS A ROTATOR CUFF ISSUE OR A PINCHED NERVE

Although some symptoms of these conditions are similar, there are ways to differentiate between rotator cuff injury and cervical radiculopathy. Typically, a pinched nerve will cause pain due to neck movements and positions, whereas a rotator cuff injury is associated with shoulder movements and positions.

### Ways to distinguish rotator cuff injury from neck pain include:

- **Quality of Pain:** Rotator cuff tends to be dull at rest and can be sharp with specific movements on the shoulder/arm. The neck tends to have sharp pain at rest and movements of the neck and/or positions that stretch the nerve, resulting in more pain. Moving the neck rarely affects the rotator cuff symptoms.
- **Location of pain:** People with rotator cuff injuries often experience pain in the shoulder itself, typically on the outer aspect of the shoulder. The location of the neck pain typically starts in the neck or shoulder blade. Most of the time, shoulder blade pain is a sign that your symptoms are coming from the neck. Although the rotator cuff pain can travel down into the arm in severe cases, it rarely affects the hand. In contrast, a nerve condition will affect the hand along with the distribution of the nerve root that is irritated. (This means pain in particular fingers).

**ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**

# GIVE YOUR PAIN THE COLD SHOULDER!



• **Movements affecting pain:** Rotator cuff injuries affect movements performed by the injured muscle. Symptoms coming from the neck are produced or intensified by turning your head or looking up/down.

• **Weakness:** The most common movements affected by a rotator cuff injury are reaching to the side or overhead.

With cervical radiculopathy, you may find that your shoulder joint feels extremely weak and useless as you attempt to lift something. In some cases, these symptoms extend from your shoulder down through your arm and hand, so it might even be difficult for you to grasp items as you usually would.

## EXPERT THERAPY FOR SHOULDER PAIN

Regardless of whether your pain is caused by a torn rotator cuff or cervical radiculopathy, physical therapy, chiropractic, acupuncture or massage therapy are great options to abolish pain, restore motion and improve your strength in your shoulders and neck.

Your healthcare provider will assess your pain condition, create a customized treatment plan for your needs, and teach you exercises and targeted stretches to improve your range of motion and reduce your pain. In addition, a comprehensive strengthening program to ensure a total return of the function to the injured shoulder.

Your healthcare provider will also inform you of things you should avoid doing to keep from reinjuring yourself and experiencing shoulder pain again down the road. For example, if you play sports, they may advise you to take frequent breaks to reduce the amount you are using your shoulder. If your neck is the

issue, learning about postures and what activities to avoid or modify will be essential for your outcome.

Shoulder pain is a common condition that can easily be diagnosed and treated, so don't hold out on seeing a healthcare provider because you're hoping the pain will go away on its own! It is essential to have your condition evaluated. That way, you will know for sure if the problem is a torn rotator cuff, a pinched nerve, or something else entirely.

## COME SEE US TODAY!

Put an end to your problems today. Call ProClinix today and get scheduled for your very own consultation with one of our skilled healthcare providers. Our team will assess your condition, find the root of your pain problem, and set you on the right track to ditching your pain once and for all!



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Welcoming Dr. Michael Donnelly, PT, DPT, CSCS  
to Our ProClinix *Best of Westchester* Team!



Dr Michael Donnelly - Physical Therapist

- ✓ Sports & Repetitive Stress Injuries
- ✓ Pre & Post Orthopedic Surgical Rehab
- ✓ Spine & Musculoskeletal Conditions
- ✓ Headaches & Migraines
- ✓ Arthritis & Osteoarthritis Conditions
- ✓ Sciatica, Radiculopathy & Herniated Discs
- ✓ ACL recovery & other ligament injuries
- ✓ Tendonitis, Bursitis, & Impingement

## JOIN US ON YOUTUBE!

Check out our Youtube channel to stay up to date with what's going on at ProClinix! We include videos covering topics such as exercises, meet the experts, patient testimonials and more!

**Scan the QR Code at right to be directed to our page! Start of 2022 by taking control of your life!**



*Scan to visit our page!*

# MEET OUR PATIENT OF THE MONTH (POM)!



**Pictured from right to left: Amanda Notley, PT, DPT (Physical Therapist); Howard Ecker (POM), Rebecca Caruso (Physical Therapy clinical assistant)**

*I am a 68 year old weekend warrior who enjoyed tennis, golf, skiing and yoga until wear & tear, coupled with arthritis claimed possession of my right knee. A total knee replacement surgery was performed at ONS on November 16th, 2021. My physical therapy began at home the day following the procedure.*

*After 2 weeks of PT, I chose ProClinix in Ardsley, NY for my outpatient therapy to continue. **This was the best decision I ever made as I am under the professional care of Dr. Amanda Notley-Kim.** I told Dr. Notley that my goal was to be back playing tennis this spring. She created a custom program to meet my work schedule with appointments three afternoons per week.*

*When I entered the PT clinic, I could not bend or straighten the leg. Amanda assured me if I worked hard and followed her program, my knee would bend and I would return to my active sporting life. **Amanda and her dedicated team push me to increase my range of motion and restore the strength in my right leg.** Surrounded by her supporting staff of Dr. Danny Jacobs, Alexis, Katie, Rebecca and Cathy at the front desk, **I am in the best possible place to heal my knee back to fighting form.***

*Sincerely,*

*Howard Ecker Ardsley, NY*

## SCHEDULE YOUR APPOINTMENT TODAY!

Scan the QR Code to request an appointment and start your journey towards your best self!



## WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

At ProClinix Sports Physical Therapy & Chiropractic, we offer a wide range of services to be sure that your needs are met!

### Our services include:

- Telehealth
- Home PT
- Acupuncture
- Chiropractic services
- Massage Therapy
- And more!

Let us help you live a more active life!

Call us at (914) 202-0700 or visit our website at [www.proclinix.com](http://www.proclinix.com) to book your appointment today!

**Take control of your health in 2022!**  
**Visit us online at**

[WWW.PROCLINIX.COM](http://WWW.PROCLINIX.COM)

**And make your pain a thing of the past!**



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