



## HOW PHYSICAL THERAPY CAN HELP WITH ROTATOR CUFF INJURIES

Imagine waking up one morning, eager to start your day, but as you attempt to brush your teeth, the pain in your shoulder sends a searing wave of discomfort through your entire arm. Suddenly, the simplest tasks become challenging.

This scenario is all too familiar for individuals dealing with rotator cuff injuries, which can severely limit daily life functions. However, there is hope in the form of physical therapy — a proven and effective way to regain strength, mobility, and overall shoulder function.

At Rocky Mountain Physical Therapy, our physical therapists are highly trained and understand how important resolving your shoulder pain is. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

### The Impact of a Shoulder Injury

Rotator cuff injuries can disrupt your life in many ways, affecting your physical abilities and overall well-being. Some common limitations and challenges individuals face due to shoulder pain include:

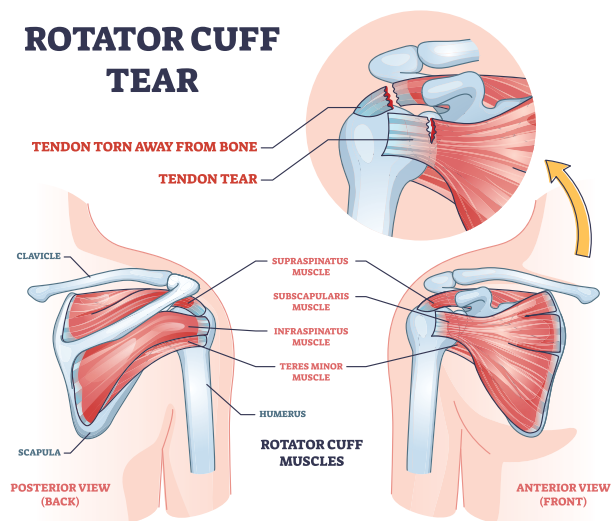
- **Painful Movements:** Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.
- **Sleep Disturbances:** Many people with shoulder injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.
- **Limited Range of Motion:** Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.

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- **Loss of Strength:** Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from Rocky Mountain Physical Therapy can be a game-changer!



## The Role of Rocky Mountain Physical Therapy in Your Recovery

When you consult a physical therapist for a rotator cuff injury, the initial evaluation is a critical step in the recovery process. Here's what you can expect:

Your physical therapist will start by discussing your medical history, including the onset and nature of your shoulder pain, any previous injuries, and your overall health.

A thorough physical examination follows, focusing on the affected shoulder. This includes assessing your range of motion, strength, and any signs of inflammation or instability. To understand how your injury impacts your daily life, your therapist will assess your ability to perform essential tasks like reaching, lifting, and dressing.

Based on the evaluation findings, your physical therapist will provide a diagnosis and work with you to establish clear goals for your rehabilitation.

Next, your therapist will design a program tailored to your unique needs, including:

- **Manual Therapy:** Physical therapists often use manual therapy techniques, including joint mobilizations and soft tissue mobilizations, to alleviate pain and improve shoulder mobility. These techniques have been shown to reduce pain and enhance range of motion in individuals with rotator cuff injuries.
- **Therapeutic Exercises:** A customized exercise program is a cornerstone of rotator cuff rehabilitation. Therapists prescribe exercises that target specific muscle groups, gradually improving strength and function.

- **Home Exercise Programs:** Physical therapists provide patients with home exercise programs to promote continuity of care. Consistent adherence to these programs can improve rotator cuff rehabilitation outcomes.

- **Patient Education:** Understanding the injury and learning how to prevent future problems is crucial. Our physical therapists educate patients about proper shoulder mechanics, posture, and ergonomics to reduce re-injury risk.

As you continue to progress in your recovery, functional training becomes vital. Tasks like lifting, reaching, and carrying are integrated into the rehabilitation program to ensure you regain your ability to perform daily activities without pain or limitation.

## Taking the First Step Towards Recovery

If you're dealing with the challenges of a rotator cuff injury, don't let it limit your life any longer. Seek the expertise of one of our highly skilled physical therapists who can provide a personalized treatment plan based on your unique needs and goals.

Your path to regaining strength, mobility, and a pain-free shoulder begins with a simple but crucial step: reaching out to us today!

**Don't wait — start your journey towards recovery today!**

**Request Appointment**



**ROCKY MOUNTAIN  
PHYSICAL THERAPY**

### BROOMFIELD

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**Phone:** (720) 637-1131

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## FREE PAIN CONSULTATION



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PHYSICAL THERAPY

**CALL A CLINIC NEAREST  
YOU TO SCHEDULE TODAY!**

Spots are limited, call today!

Call to schedule.  
Expires 02-23-24

## CALL A CLINIC NEAREST TO YOU!

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Central Fort Collins	(970) 660-6766
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Johnstown	(970) 510-8261
Loveland	(970) 436-4496
South Fort Collins	(970) 510-8262
Thornton	(720) 637-1167
Windsor	(970) 579-7689
Greeley (Pediatric)	(970) 510-8275
Windsor (Pediatric)	(970) 510-8212

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story  
and leave your review. We look  
forward to hearing from you!



REVIEWS

rockymtnpt.com



## PATIENT SUCCESS STORY



Hands down the best physical therapy  
joint around! Ian and Jamie are the absolute  
best; they know what they're doing!  
Ian found my torn rotator doing his dry  
needling and Jamie has hands like the  
Hulk! Stephanie at the front desk is always  
fantastic and the office is always cheerful.  
I wouldn't go anywhere else!"

— Jessica C.

## EXERCISE ESSENTIALS

### PENDULUM WITH SUPPORT

*Helps with shoulder range of motion.*

Start by placing your unaffected  
hand on a table or chair for support  
with your affected arm hanging  
straight down in front of your  
chest. Slowly start moving your  
hips from side to side and let the  
momentum from your lower body  
cause your hanging arm to begin  
moving in a side to side motion. As  
symptoms improve, increase the  
diameter of your swing, but never  
force it. 3 sets, 10 reps.



Always consult your physical therapist before starting new exercises.



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PHYSICAL THERAPY

**Request  
Appointment**