

## HOW'S YOUR SHOULDER?

Shoulder pain and loss of motion is a very common complaint. Does your shoulder pain keep you awake at night? Does shoulder pain limit your daily activities? McMeen Physical Therapy, P.C. can help! >>



*"Your Movement Rehabilitation Specialists"*

Shoulder pain and limited use can have several causes. Careful evaluation by a physical therapist will determine if the shoulder pain is referred from the cervical region or if it is due to rotator cuff damage or possibly a labrial injury.

Once the cause of shoulder pain is determined a treatment plan is designed to restore full ROM, strength and functional use. It is essential to work on scapulothoracic strength and stability with emphasis on scapular stabilization, timing and posturing as well as rotator cuff strengthening. Achieving balanced strength of the rotator cuff musculature is important.

Post operative rehabilitation following rotator cuff repair, arthroscopic procedures and fractures is very important. Rehabilitation for acute injuries focus on soft tissue treatments and progress to strengthening and ROM activities as indicated.

During the post-op rehabilitation phase we work closely with the orthopedic surgeon and family physician to monitor the patient's progress while they advance through the proper rehab protocol. We send progress reports with the patient to each follow up doctor's visit and will contact the physician if anything out of the ordinary occurs. Post-op goals will include restoring normal ROM and strength while controlling pain, swelling and monitoring physical activities.

Shoulder pain can severely limit functional abilities but will often respond very well to physical therapy rehabilitation. Ask your doctor about a referral to McMeen Physical Therapy for your painful shoulder.

---

## CONTACT US FOR MORE INFORMATION

**McMEEN PHYSICAL THERAPY, P.C.**

P.O. Box 435 • 325 SOUTH 1ST • BROKEN BOW, NE 68822

PHONE: (308) 872-5111 • FAX: (308) 872-5115

E-MAIL: OFFICE@MCMEEENPT.COM • WWW.MCMEEENPT.COM