



**FIND RELIEF FROM YOUR SHOULDER PAIN
JUST IN TIME FOR SUMMER!**

Common Conditions

That may be causing your shoulder pain.

Exercise Essentials

Try these exercises to relieve shoulder pain.

Healthy Recipe

Try this delicious dinner recipe tonight!



WHAT'S CAUSING YOUR SHOULDER PAIN?

Did you know that your shoulders are your most flexible and movable joints?

Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pains, contact Iberia Sports & Rehabilitation today!

Understanding your shoulder pain:

Your shoulder is a “ball-and-socket joint,” meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

COMMON CONDITIONS THAT MAY BE CAUSING YOUR SHOULDER PAIN INCLUDE:

CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!

- **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.
- **Torn cartilage.** When a cartilage tears, you may experience a number of painful symptoms. You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.
- **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.
- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant “wear and tear,” typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.

• **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.

• **Frozen shoulder.** Medically referred to as “adhesive capsulitis,” frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while. When you don’t have opportunities to exercise the shoulder, the tissues can stiffen up on you, thus causing this painful condition to occur.

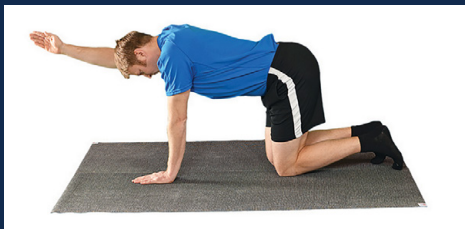
Find effective shoulder pain relief today:

Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. It may also include any additional methods or modalities that your physical therapist deems fit, including ice and heat therapies, manual therapy, ultrasound, aquatic therapy, or electrical nerve stimulation. There are a wide range of conditions that can be treated with the help of physical therapy. If you are living with shoulder pain, don’t let it limit your life any longer! Find natural, safe, and effective relief with Iberia Sports & Rehabilitation today!

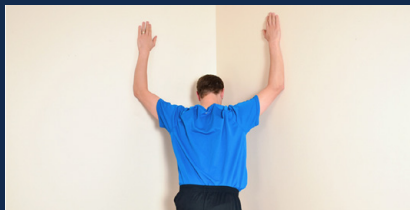
WANT TO IMPROVE YOUR HEALTH?

FOUR POINT + ARM RAISE

Start on hands and knees, hips and shoulders at 90°. Lift one arm out front. Bring it back down and then repeat on opposite side. Repeat 10 times on both arms.



TRY THESE EXERCISES AT HOME!



CORNER PECTORAL STRETCH

Stand facing a corner with your arms on different walls. Lean into the corner until you feel a stretch across the front of your chest. Stand in a lunge to make sure you stay balanced. Hold for 15 seconds and repeat as needed.

ARE YOU READY FOR A PAIN-FREE LIFE? CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!



TRY THIS RECIPE! QUINOA STUFFED PEPPERS

INGREDIENTS

- 6 Bell peppers, medium
- 1 15 ounce can Black beans
- 1 cup Corn, frozen
- 2 Garlic cloves
- 1 Onion, small
- 1 15 ounce can Tomatoes
- 2 cups Vegetable broth
- 1 cup Quinoa
- 1/2 tsp Salt
- 1/4 tsp Black pepper
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tbsps Olive oil
- 1 cup Monterey Jack cheese

DIRECTIONS

Place the quinoa and vegetable broth in a medium saucepan. Bring the mixture to a boil over medium-high heat. Lower heat to a simmer, cover the saucepan with a lid and cook covered until all the liquid is absorbed, 15 minutes. Allow the quinoa to rest for about 5 minutes, without opening the lid, then fluff with a fork. Preheat oven to 375°F, and prepare the peppers by cutting them in half lengthwise and removing the seeds and membrane. Place the peppers in a baking dish cut side up, and pour water around the peppers — just enough to cover the bottom of the pan. Heat olive oil in a large nonstick skillet over medium heat. Add onions and saute until they start to soften, about 2-3 minutes. Add the garlic and cook until fragrant, 1 more minute. Stir in the cooked quinoa, diced tomatoes, black beans and corn. Season with cumin, paprika, salt and pepper. Reduce heat to low and cook for additional 5 minutes, stirring frequently. Carefully spoon the mixture into the sliced peppers and sprinkle the cheese on top. Bake uncovered until the peppers are tender and the cheese is melted, about 30-35 minutes. Add optional toppings and serve hot.

I B E R I A

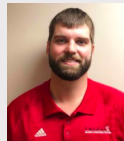


SPORTS & REHABILITATION

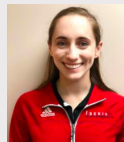
MEET YOUR RECOVERY TEAM!



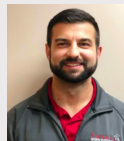
Keith Dalton is a physical therapist who works with orthopedic deficits to return back to their daily lives without pain or limitation. He has worked with patients from all walks of life including college and professional athletes. He has training in dry needling, myofascial release, applied functional science and dynamic taping.



JASON KEIGLEY is a physical therapist who works with various orthopedic, neurological, and vestibular pathologies by improving patient's functional deficits. Jason got his certification in Functional Dry Needling from Kinetacore and certification in Applied Functional Science from the Gray Institute.



ALEX DARBY graduated with her Doctorate of Physical Therapy in May of 2018. She is very passionate about exercise and enjoy doing CrossFit, and is excited to work with residents of her hometown of New Iberia.



MATT LOPEZ is a physical therapist that specializes in outpatient orthopedic rehabilitation. He has spent the last 7 years working at Iberia Sports and Rehabilitation treating all types of injuries including joint replacements, sports and work injuries, as well as, chronic pain patients.

Learn more about our staff and how they can help you by visiting our website at isrehab.com!

MAKE HYDRATION A HABIT!

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. It's important to give your drinking habits the attention they deserve.

Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life.

Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.