



ProSport Physical Therapy Newsletter

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949.250.1112

February/March 2011



www.prosportpt.com

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Did you know that the number one cause of neck and shoulder pain is poor posture?. At ProSport our treatment programs will help you to improve posture, maintain better alignment, which equates to better health! Learn more in this newsletter...

Physical Therapist Spotlight Hilary Thibault, PTA

TELL US YOUR STORY



Hilary's interest in health care began in high school, where she was also a three sport athlete participating in soccer, basketball and track. Her love of athletics nurtured a love of the human body and she pursued both of these as she entered college. Hilary attended Biola University on an athletic scholarship for soccer, and was a 2-time All American. While at Biola, Hilary pursued a degree in nursing. In her senior season she sustained a major knee injury that introduced her to physical therapy. Through the knowledge and guidance of her physical therapist, and her passion and work ethic on and off the field, Hilary made a full recovery, enabling her to fulfill a dream of playing for a top women's soccer team ranked #3 in the world by FIFA. Due to this successful recovery her interest in healthcare instead became a passion for rehabilitation...[click to read more of her story.](#)

To contact Hilary, please email her at: hilary@prosportpt.com

ProSport Recommendations

Healthier Lifestyle and Improved Human Performance, Through Better Posture

The IntelliSkin shirt works to support your therapy and exercise, providing a powerful, healthy one two punch to help you reach your goals. The unique, evidence based design works with the nerves in your skin and muscles to instantly

Keeping Me Dancing...

My name is Gina Cerato and I am a professional Ballerina, Ballet Teacher and certified Pilates Instructor. I have been performing professionally for over 20 years. Of course I have had some speed bumps-injuries in my career. Joe Donohue at Pro Sport has helped



me through them. I first met Joe in 2002 with a mysterious foot problem. He kept me up and dancing until the doctors finally figured out the problem. I then had surgery on the foot and everyone at Pro Sport took care of me and took me through a speedy recovery. Today in 2011, I have come to need Joe and his staff at Pro Sport again...[click to read more of her story.](#)

[Click to Share Your ProSport Experience](#)

NETWORK LINKS

[National Athletic Trainers Association](#)

[National Strength and Conditioning Association](#)

[SoCal Action Sports American Physical Therapy Association](#)

[Running Lovers](#)

[Yoga & Meditation](#)

PARTNER PROGRAMS

ProSport is the Preferred Provider for:

- [Surf City Run](#)

your skin and muscles to instantly decrease the pain and discomfort of shoulder, neck and back injuries. Each time you wear the shirt, it's a workout. The shirt helps re-train your body to move correctly while remaining in optimized posture and alignment. Over time, your posture and awareness improve and the muscles that support your spine and joints become more balanced, fit and functional. Many patients find wearing the IntelliSkin shirt right after treatment helps them maintain the benefits of their therapy for longer periods of time. The shirt reinforces the very objectives of a sound treatment protocol...better posture...equals better alignment....equals better health!

Stop by ProSport PT....try an IntelliSkin shirt on and improve today!

IntelliSkin....Stand Tall!

Available in both offices or on-line and in men's and women's sizes:

[Click to Order](#)

Exercises and Tips for Safe and Effective Shoulder Recovery

A common cause of shoulder pain is soreness of the tendon (a cord that attaches a muscle to a bone) of the rotator cuff (the part of the shoulder that helps circular motion). Another common cause is soreness of the subacromial bursa (a sac of fluid under the highest part of the shoulder). You might experience soreness after activities such as painting, lifting or playing a sport, which require you to lift your arms. Or you may not remember any specific injury.

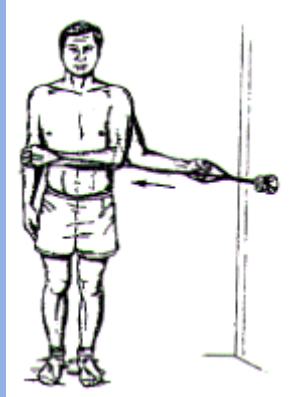
The main joint in the shoulder is formed by the arm bone and the shoulder blade. The joint socket is shallow, allowing a wide range of motion in the arm. The rotator cuff is made up of 4 muscles that surround the arm bone. This cuff keeps the shoulder steady as the arm moves.

Picture 1. Range of motion. Stand up and lean over so you're facing the floor. Let your sore arm dangle straight down. Draw circles in the air with your sore arm. Start with small circles, and then draw bigger ones. Repeat these exercises 5 to 10



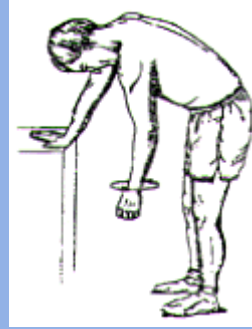
- [Angels Charity Run](#)
- [Netz 4 Life](#)
- [SM Pop Warner Football](#)
- [TCLL](#)
- [Mater Dei Football](#)
- [JSerra HS](#)
- [SMCHS](#)
- [Anaheim Ducks](#)
- [EFC 5K Family Fun Run](#)

times during the day. If you have pain, stop. You can try again later.



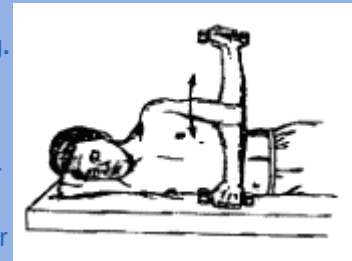
Picture 2. Rotator cuff strengthening.

Use a piece of rubber tubing for these exercises. Stand next to a closed door with a doorknob. Loop the tubing around the knob. With your hand that is closest to the door, bend your arm at a 90° angle and grab the loop of the tubing. Pull the band across your tummy. At first, do 1 set of 10 exercises. Try to increase the number of sets as your shoulder pain lessens. These exercises should be done every day.



Picture 3. Upper extremity strengthening.

As your pain goes away, try adding a general upper body weight-lifting program using weight machines or free weights. Lie on your right side with your left arm at your side. With a weight in your left hand and your forearm across your tummy, raise your forearm. Keep your elbow near your side.



ProSport Physical Therapy's rehabilitation programs are at the forefront of this movement. Our Licensed Physical Therapists, Physical Therapist Assistants and Board Certified Athletic Trainers work one-on-one with you and provide a safe and effective program. Give us a call and we'll help you develop proper training techniques for on and off the field of play. Contact ProSport info@prosportpt.com | Newport Beach 949.250.1112 or Rancho Santa Margarita 949.766.8535.