



**THE PHYSICAL  
THERAPY INSTITUTE**  
ORTHOPEDICS AND SPORTS MEDICINE

[PHYSICALTHERAPYINSTITUTE.COM](http://PHYSICALTHERAPYINSTITUTE.COM)

# NEWSLETTER

Helping You Move Through Life Pain-Free



## How Physical Therapy Can Help With Rotator Cuff Injuries

[Click here to get started today!](#)

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 The Physical Therapy Institute, 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!

**Contact our skilled team of physical therapists today and get started on your road to recovery!**

### 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.
- **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 The Physical Therapy Institute can be a game-changer!

Visit us online [physicaltherapyinstitute.com](http://physicaltherapyinstitute.com) or call [724.503.6993](tel:724.503.6993) today!

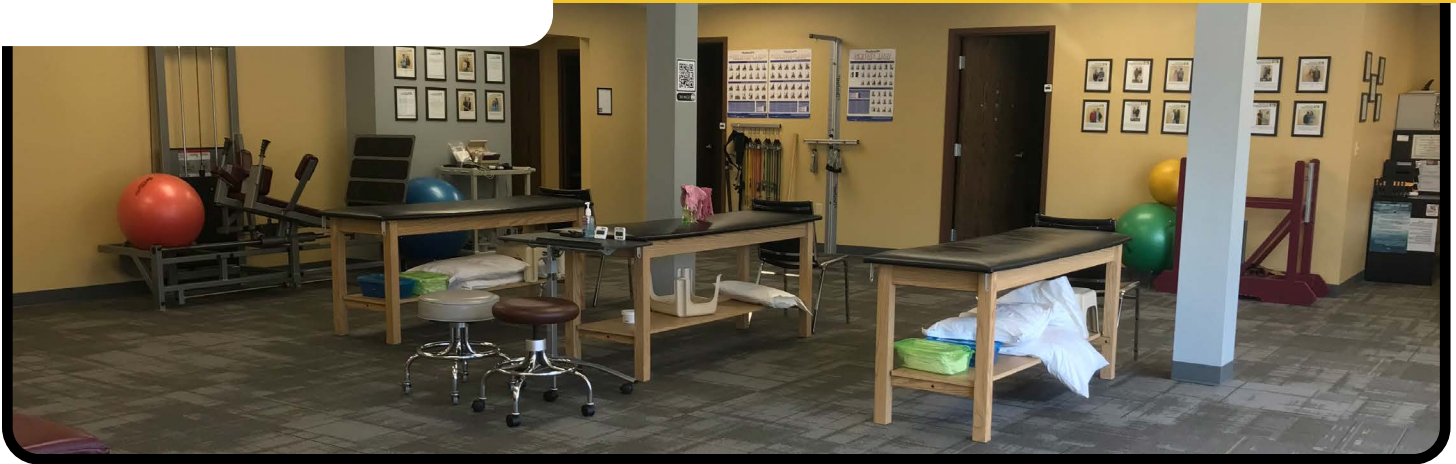


**THE PHYSICAL  
THERAPY INSTITUTE**  
ORTHOPEDICS AND SPORTS MEDICINE

[PHYSICALTHERAPYINSTITUTE.COM](http://PHYSICALTHERAPYINSTITUTE.COM)

# NEWSLETTER

Helping You Move Through Life Pain-Free



## The Role of The Physical Therapy Institute 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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8082254/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827371/>

Visit us online [physicaltherapyinstitute.com](http://physicaltherapyinstitute.com) or call **724.503.6993** today!

# FREE In-Person Workshops

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries.

[Click Here To Secure Your Spot](#)

## Contact Us

Washington	724.527.4264
Apollo	724.306.6951
Elizabethtown	717.500.3411
Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
Moon Township	412.725.0193
Mount Lebanon	412.923.0923
Murrysville	724.948.1202
Robinson Physical Therapy	412.866.2764
Derry Clinic	724.948.0901
Greensburg	724.402.5770
Harrison City	724.923.4053
Jeannette	724.558.8009
Lower Burrell	724.558.8013
Mon Valley	724.670.2731
Morningside	412.324.4967
Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

**No Doctor's Prescription Needed!**

In the state of Pennsylvania you have direct access to physical therapy.

# Recipe of The Month: Black Bean Burgers

## Ingredients:

- 28 oz black beans, drained, rinsed, and patted dry
- 1 tbsp extra virgin olive oil
- 3/4 c chopped bell pepper



- 1 c chopped yellow onion
- 3 garlic cloves, minced
- 1 & 1/2 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika
- 1/2 c bread crumbs
- 1/2 c feta cheese
- 2 large eggs
- 1 tbsp Worcestershire sauce
- 2 tbsp BBQ sauce
- pinch salt + pepper

**Instructions:** Preheat oven to 325°F. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out. Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, Worcestershire, ketchup, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans. Form into patties, about 1/2 cup of mixture each, about 3/4-inch thick. Place patties on a parchment paper-lined baking sheet and bake at 375°F for 10 minutes on each side, 20 minutes total. Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.

## Patient Success Spotlight



*"I had shoulder surgery but was skeptical about doing therapy. After a couple of weeks into my rehab, I am making great improvements thanks to the staff of PTI. They have me doing some effective stretching exercises and slowly introducing some weights. Everyone is very friendly and professional. I am glad I chose to do my rehab here." – Jeff M.*

## What's Your Success Story?

[Click here to tell your PT story and leave your review.](#)  
We look forward to hearing from you!

[physicaltherapyinstitute.com](http://physicaltherapyinstitute.com)