

PHYSICAL THERAPY STUDIO PRESENTS


3 SECRET

Shoulder Recovery Strategies

Pro Athletes Know and
Use Everyday

By Caren Lieberman
Studio City's Leading Physical Therapist

In this exclusive Sports Report prepared for every level of athlete, from beginners to pro athletes, from weekend warrior to Cross-fit enthusiast, from casual jogger to marathon runner, everyone of those mentioned and everyone in between can benefit from this report. These are the exact principles I have used throughout my career, especially with pro athletes, to get them back to full activities.



"Small hinges can open big doors."

IT'S OFTEN THE SIMPLEST ADVICE
THAT MAKES THE BIGGEST
DIFFERENCE.

Truth is, without knowing you or your medical history intimately, I cannot tell you which of these will work best for you.

And even if I did know the root cause of your sports injury, there are no guarantees that any one single strategy will work.

But imagine this: how great would it be to try just one of my strategies every day for a few weeks...it's one way towards winning back your active, healthy "sporty" lifestyle.

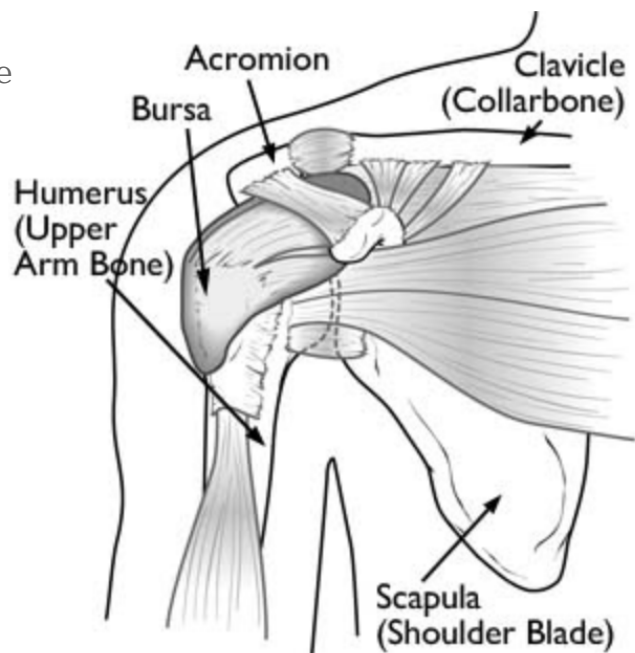
Take time every day to try out the tips and principles I'm giving you. It won't take long and most won't cost you anything but a few minutes of your time. I think you will be pleasantly surprised by how much fitter, healthier and better you will feel.

Understanding the Anatomy of the Shoulder

The shoulder is made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle).

Your arm is kept in your shoulder socket by your rotator cuff - 4 muscles coming from the shoulder blade coming together to form a common tendon and insert into the humerus.

There is a lubricating sac called a bursa between the rotator cuff and the bone on top of your shoulder (acromion). The bursa allows the rotator cuff tendons to glide freely when you move your arm.

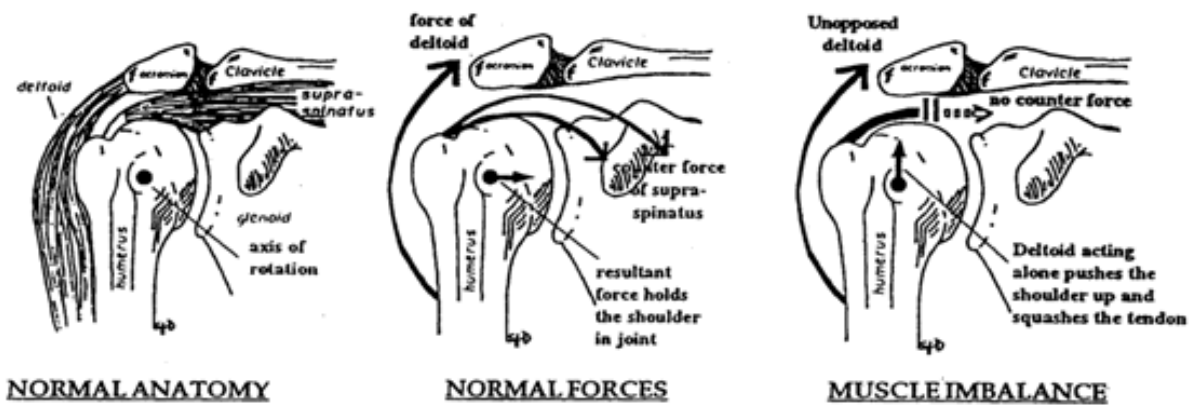


Common Causes of Pain In the Shoulder

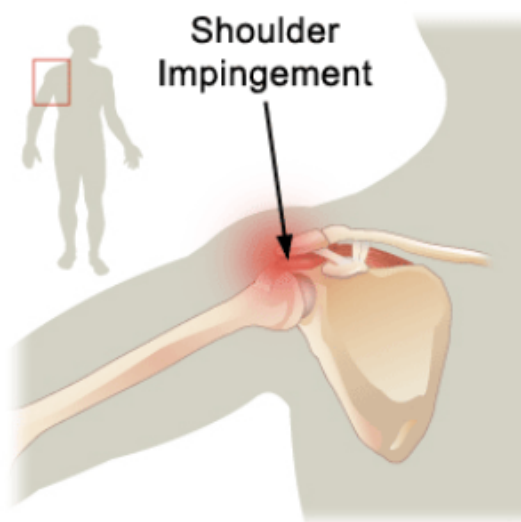


- Tendinitis of the rotator cuff
- Muscle imbalances of the shoulder
- Bursitis
- Frozen shoulder
- Rotator cuff tear
- Impingement
- Idiopathic shoulder pain
- Osteoarthritis
- AC joint dysfunction
- Subacromial bone spurs
- Subacromial bursitis
- Rotator cuff tendinopathy

Understanding Impingement



When you raise your arm to shoulder height or higher, the space between the acromion and humerus narrows. Usually the rotator cuff pulls down the humerus to allow enough space, but after an injury or damage to the Rotator cuff, this action is inhibited. The acromion can rub against (or "impinge" on) the tendon and the bursa during the upward or downward movement of the arm, causing irritation and pain.



In simple terms...

Impingement is when there is not enough space in the shoulder for the structures to move in the correct and normal way. This is usually caused when the rotator cuff muscles are inhibited.

3 Critical Impingement Precautions

THAT CAN BE DONE RIGHT NOW TO AVOID PAIN AND/OR FLARE UPS



1. Squeeze shoulder blades together and down your back. This gives more space between the acromion (roof of shoulder) and the humerus (long arm bone) decreasing impingement.



2. Thumbs up position for all movements with your arms. This places the least stress on the rotator cuff which means fewer episodes sharp catching pain, less throbbing, and less inflammation from irritating the rotator cuff tendon.



3. Work only in a 45 degree arc in front of the body. Turn your entire body to face what needs to be done. Do not reach to your sides to reach for things (ie. Don't reach to backseat of car.)



"I HOPE THESE TIPS AND INFORMATION WERE HELPFUL FOR YOU. IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO KNOW MORE EXERCISES THAT CAN HELP YOU, PLEASE CONTACT ME."

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About Caren

Caren has been a Physical Therapist in Los Angeles for more than 25 years. Caren is certified in ASTYM, NAT, MFM, Amino neurofrequency, Postural Ergonomist, Mat Pilates, and has Maitland Trained Manual Therapy skills. Caren previously worked in Tarzana Hospital as the director of Therapy Services. Caren has worked in outpatient departments and private practices prior to founding Physical Therapy Studio, which has become one of the most sought-after private physical therapy practices in Studio City, California.

Caren loves working with runners, cyclists, cross-fit athletes, weekend warriors and keeping them in the game. Having been a triathlete, marathon runner, and active cyclist, she enjoys working with athletes to get them back to their peak performance.

About Physical Therapy Studio



The treatment model we use is one-to-one Physical Therapist to patient for up to an hour using education, my hands, exercise, correct muscle activation in the right order, and giving people the tools and skills to help them recover faster. We have set out to create an environment where we can provide Physical Therapy in the most natural purest way, and backed by science to get the best results. This model of treatment allows us to get there sooner. We use research based cutting edge technology such as Class IV Laser, ATM2 and Astym. Caren Lieberman is a Primary Care Physical Therapist - a leading musculoskeletal expert, or the person people come see first, if hurting or injured.

California has Direct Access Law for Physical Therapists. This means that you DO NOT need a physician's script to see a Licensed Physical Therapist in California. In most cases you do not need authorization from your insurance company either! Therefore, there is nothing that will delay or postpone your path to becoming pain free.

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of an examination. We are able to offer you this service FREE of any charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.