



Compliments of RESTORE Physical Therapy

Monday, 01 February 2010

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Steven L. Braverman, PT PC  
 RESTORE Physical Therapy  
[Email Us](#)  
[Our Website](#)

**[CHECK OUT THE NEW RESTORE WEBSITE!](#)**

[RestorePT.com](#) is completely renovated and now up and running. Over the next week we will be continuing to update the site for content. If you have any recommendations for the site please let us know.

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**[THANK YOU, PATIENTS! WE ARE EXTENDING OUR HAITIAN RELIEF EFFORTS](#)**

All proceeds from the sale of hot packs, ice packs, theraband and other ancillary products were donated to the American Red Cross for Haitian Earthquake victims. RESTORE will be extending this effort through the upcoming week of February 1-5, 2010.

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**RESTORE IS NOW ON**



All past and present patients are encouraged to add **RESTORE\_PHYSICAL\_THERAPY** to their Skype contact list to initiate a chat session related to their physical therapy treatment issues. At the present time we will randomly be online. If you see us, feel to give us a ring to ask any questions you have. In the near future we hope to designate specific times for you to check in with your questions.

**Is Frozen Shoulder Taking Over Your Life?**



Frozen shoulder, also known as *adhesive capsulitis*, is a condition that restricts mobility in the affected arm. A healthy shoulder joint has a greater range of motion than any other joint in the human body. In this condition, the capsule around the shoulder joint becomes inflamed, scarred, thickened, or contracted, forming scar tissue and causing stiffness in the shoulder joint.

Even though trauma can sometimes lead to frozen shoulder, the cause is largely unknown.

Known causes or risk factors for frozen shoulder include:

- *Age and Gender* – Frozen shoulder typically occurs in patients who are 40-60 years of age and for reasons still unknown, is **twice** as likely to occur in women than men.
- *Diabetes* – Endocrine disorders (diabetes and thyroid issues) are a leading cause of frozen shoulder.
- *Shoulder surgery* – Patients who undergo shoulder, chest, or breast surgery are at risk for developing frozen shoulder. This is especially true for patients whose recovery process includes long periods of immobilizing the shoulder joint.
- *Systemic diseases* – Conditions like heart disease and Parkinson's disease have been linked to frozen shoulder.

Typical symptoms of frozen shoulder are:

- Dull, aching shoulder pain
- The inability to move your shoulder in a wide range of motion
- Difficulty with common everyday activities such as getting dressed or putting on glasses.
- Pain when sleeping or otherwise applying pressure to the affected shoulder.

If you suspect frozen shoulder, schedule a visit with your medical practitioner. A physical examination and x-rays may be warranted to determine the extent of involvement.

**The Three Stages of Frozen Shoulder**

There are three stages of frozen shoulder.



**Stage 1:** Usually lasts between 6-12 weeks, is by far the most painful, but also the shortest stage of frozen shoulder. While you will notice restricted motion in this stage, your shoulder won't be nearly as 'stiff' as during the second stage.

**Stage 2:** The "Frozen Stage": Over the next several weeks (or months), pain will subside, but don't be alarmed if the stiffness increases, and you notice a loss of motion. At this stage, the right kind of care (especially the kind we provide) is critically important to prevent long term damage.

**Stage 3:** The "Thawing Stage": In this final stage, range of motion steadily improves. While the thawing stage steadily brings relief, it can take many months of recovery to return to a degree of normalcy.

**Do Not Let It Freeze You...**

Stretching exercises represent a critical component in the treatment of frozen shoulder, which is where we help every step of the way.

Stretching is important for 2 reasons

1. It helps increase shoulder motion, and
2. It can minimize the loss of muscle tissue in the affected arm.

Gradual, progressive stretching within the limits of pain is the best strategy as pain reduces

For your convenience, our other "immediate" contact info is as follows:

- Phone: 212.594.6054
- AOL IM: RestorePT (PT Related Questions)
- AOL IM: RestorePTCF (Billing Related Questions)

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**PT WITH NO REFERRALS**



You can receive physical therapy treatment at RESTORE without first obtaining a referral from your physician. If you require PT care please call or [email](#) RESTORE to discuss the specifics.

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Simple adjustments to your computer workstation can eliminate unnecessary musculoskeletal aches and pains. Check out the [Ergonomic Consultants of New York](#) web site for recommendations.

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We value your feedback. [Click here](#) to send us an email to let us know if you have been enjoying our newsletters or if you have any suggestions for future editions.

**Follow RESTORE**



Some examples that your physical therapist might suggest include:

- Cane exercises: Hold a straight cane or long umbrella in front of you at hip height. Slowly raise the cane above your head as high as you can. Perform as directed by your therapist.
- Pulley exercises: Using a pulley system over a door or a wall-mounted hook, pull with the uninjured hand to bring the injured arm up and over your head to stretch the shoulder. Be sure to stay within the limits of pain. Perform as prescribed by your therapist.



Our highly experienced staff can help you find the right stretches for every stage of injury. We will create a personalized program designed to help you recover quickly. Don't let frozen shoulder slow you down.

**We welcome the opportunity to work with you as a team to overcome frozen shoulder and facilitate your road to recovery.**

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No scheduled closings

Please contact our web site for weather closings

This email was sent by [sbraverman@restorept.com](mailto:sbraverman@restorept.com)

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