

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

# UNDERSTANDING YOUR SHOULDER

[www.SpinePT.com](http://www.SpinePT.com)



Scan the QR Code to visit our website at [www.SpinePT.com](http://www.SpinePT.com)  
to schedule your appointment today!

# Free Shredding Event, September 14<sup>th</sup> 4-6PM

**We will have snacks and drinks outside.** This is for small businesses or individuals who want to do some:

- Fall cleaning
- Shred past confidential documents
- Clear clutter



## All Are Welcome!

At Our Orchard St/Overland Rd Location  
1525 S Orchard St. Boise, ID 83705

### What better way to start Fall clean up!

- Limit of 5 boxes per person
- Attendees may bring confidential documents for on-site shredding
- No metal, plastic, magazines, bound books, or newspapers
- Paper clips, staples, and rubber bands are okay!



## Upcoming Workshop | Shoulder Pain



It's happening Monday, September 19<sup>th</sup> from  
5:30PM - 6:30PM!  
Location: 1525 S Orchard St Boise, ID 83705  
Instructor: Dr. Jordan Steichen  
Fee: FREE

- Do you feel sharp pain when you reach up high to put away your dishes?
- Are you unable to fix your hair?
- Are you unable to lift your arms above your head?

If you answered YES, please sign up for our Free Shoulder Pain Workshop so you can learn self-care strategies to reduce or eliminate your shoulder pain!

### You will learn tips on how to:

- Identify which cuff is torn and how bad it really is
- Correct the cause of your pain and speed up the healing process
- Prevent future damage

*Limited to 12 Seats! Please sign up today!*

Turn page to learn more about your shoulders.



RSVP by scanning the QR code and visiting our website at [www.SpinePT.com/workshops](http://www.SpinePT.com/workshops)



## Help Kids Thrive Back to School Supply Drive

Through August 12, ISSPT is collecting backpacks & school supplies to distribute to kids in need. With your help, we can provide students with the tools they need to succeed in the classroom this year!

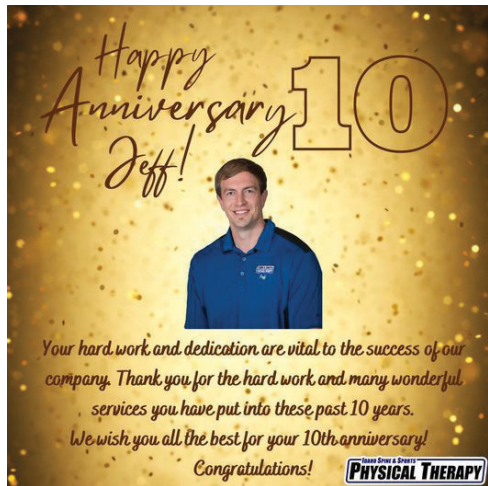
Donations can be made at any one of our 4 locations. All donations will support children within the local community.

### Most Needed Supplies

- #2 Pencils
- Backpacks
- Child scissors
- Calculators
- Colored pencils, crayons
- Composition notebooks
- Highlighters
- Glue sticks
- Pencil bags
- Rulers

For more information, contact [Elahe@spinept.com](mailto:Elahe@spinept.com)

# Wishing Dr. Jeff Taylor, a Very Happy 10-Year Work Anniversary!

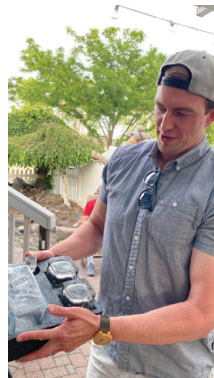


"Time flies so fast! It seems like yesterday when Jeff first came to Idaho Spine & Sports as a Trainer. That was 15 years ago! After 2 years with us as a Trainer, he left us for Physical Therapy School.

3 years later, Jeff returned to Idaho Spine & Sports all grown up with his doctorate degree in physical therapy and nearly a full mustache. He soon took over the Clinic Director role at the McMillan/Cloverdale Road location. In 2017, Jeff became a partner and built the Meridian Clinic from the ground up. He has been integral in Idaho Spine & Sports' growth and success.

We now celebrate a decade of Jeff's dedication to his work, to his team, and patients who have become great friends of his. Today, Jeff is recognized for all that he does and how much he has grown over the past 10 Years. He now has an adorable family with two children, grown his team from 2 to 9 members, has amazing raving fans, and he is still excited to come to work every day.

Jeff, this is to remind you that you have come a long way, and your contributions have continued to inspire us. You have been an essential part of our organization's journey and success. We are eternally grateful



for the dedication and passion you have shown.

It's a matter of great pride to see our company growing, embracing great values, and achieving more than what we ever thought of.

Jeff, your contributions to the company and as a business partner are greatly appreciated. We are so proud to have you as part of our work family. Congratulations on achieving this anniversary with us and thank you for being such a valuable member of our team.

Cheers to you and your future endeavors!"

**Bret Adams, PT, CEO & Founder of Idaho Spine and Sports Physical Therapy**

## Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

**Meridian Location**  
(208) 286-2707

**Boise Locations**  
(208) 939-0533

**Fax Number**  
(208) 939-3341

**Clinic Hours**  
Monday - Friday | 7AM - 7PM



# Understanding Your Shoulder

**Our shoulders are the most flexible and movable joints in the body.**

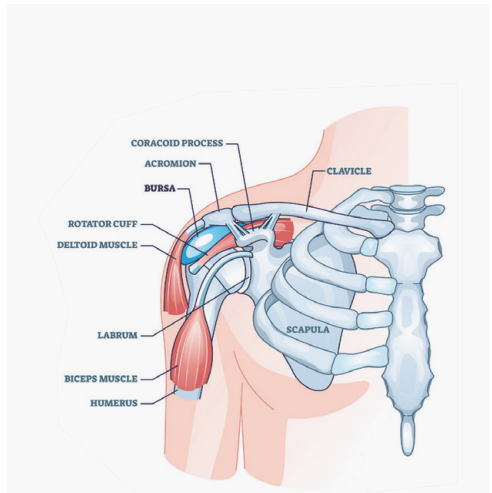
This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

*The shoulder has the following essential structures:*

- **The Rotator Cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- **The Bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The Labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

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



## Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

*The most common conditions affecting the shoulder are:*

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **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, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

**Sign Up For Our Shoulder Pain Workshop. See Events Page!**