



HOW PHYSICAL THERAPY CAN HELP ADDRESS SHOULDER, ELBOW & WRIST PAIN

Are you experiencing pain and weakness in your arm? Do you find it challenging to pick up everyday objects? You could be suffering from tendon dysfunction or arthritis in your joints. Fortunately, the diagnostic services at Hands On Physical Therapy can help you know for sure!

Pain in the upper extremities can result from an acute injury, an overuse injury, or an underlying condition such as osteoarthritis. The first step in finding relief is determining the source. Our physical therapists will assess your symptoms and utilize our cutting-edge diagnostic tools to get to the bottom of your pain. From there, we can provide you with a customized treatment plan.

Living with upper extremity pain can profoundly affect your overall quality of life, limiting your mobility and preventing you from performing day-to-day activities. Fortunately, with guidance from one of our physical therapists, you can find solutions to your pain and get back to living the life you enjoy! Call us today to make an appointment.

Deciphering Your Symptoms to Get to Their Root Cause

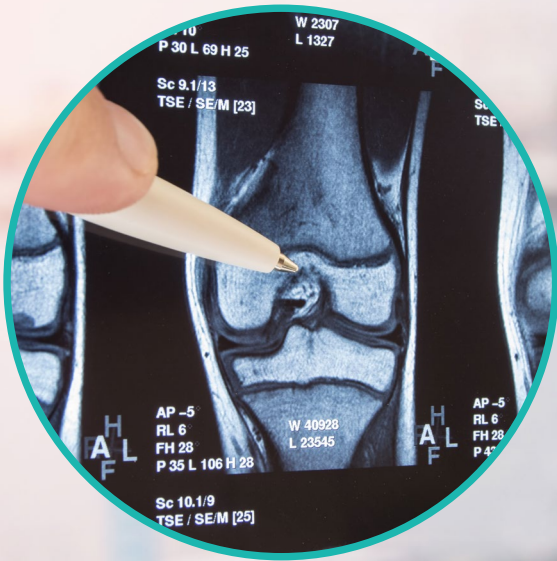
The first thing our physical therapists will do when you visit our clinic is evaluate your symptoms. This process gives us a general sense of what might be causing your

pain. Here are some common sources of upper extremity pain and their accompanying symptoms:

- **Rotator Cuff Injury:** A dull ache deep in your shoulder and difficulty reaching behind your back.
- **Shoulder Bursitis:** Shoulder stiffness and pain when reaching overhead.
- **Elbow Tendonitis:** Burning pain in the outer elbow that extends to your wrist. It may be worse when twisting or extending your arm.
- **Wrist Sprain:** Pain, swelling, tenderness, bruising, and loss of mobility.
- **Arthritis:** Arthritis can affect any joint in your body. Look for joint pain, stiffness, and clicking or popping sounds when you move the joint.
- **Carpal Tunnel Syndrome:** Pain, numbness, or tingling in the wrist, hand, and fingers.

In addition to assessing any pain or other discomfort you're experiencing, our therapists will conduct a physical exam, including strength and range of motion to give us a complete picture of your condition.

DIAGNOSTIC TESTING FOR CLEAR, ACCURATE RESULTS



At Hands On Physical Therapy, we also offer several different testing services that allow us to dig even deeper to uncover the root cause of your pain and dysfunction. For shoulder, elbow, and wrist pain, we'll likely employ the following two testing methods:

EMG/NCS Testing measures electrical activity in the muscles and nerves, allowing us to diagnose carpal tunnel syndrome and other nerve disorders.

Musculoskeletal Ultrasound gives us a picture of the inside of your body at the point where you feel pain, providing real-time imaging and allowing us to more accurately pinpoint impairments that could be causing you pain in your muscles, tendons, and ligaments. This test is particularly helpful for identifying rotator cuff injuries.

But we don't stop at just diagnostics! Once we've uncovered the exact root of your pain, our therapists can provide you with a customized treatment plan. We won't simply alleviate your symptoms—we'll work to resolve your pain at its source.

Effective Treatment for Shoulder, Elbow, and Wrist Pain

We offer several treatment methods for addressing pain. Here are just a few of the techniques we might try, depending on your needs:

1. Manual therapy is a set of hands-on techniques, including joint mobilizations, that can help reduce pain, promote blood flow, and improve range of motion.
2. Therapeutic exercise involves tailored, targeted movements to build strength, restore mobility, and reduce pain.
3. Patient education will help you understand your condition and find ways to prevent re-injury and pain flare-ups.
4. Splinting involves immobilizing the affected joint to facilitate healing and prevent further damage.
5. Modalities include several techniques, such as hot and cold therapy, to help address pain.

Request Your Appointment Today!

Don't let your upper extremity pain linger! Our expert physical therapists and diagnostic specialists will help you determine why you're experiencing pain—and show you how to resolve it. Call our office to schedule an initial consultation today!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30916527/> • <https://pubmed.ncbi.nlm.nih.gov/29921250/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/> • <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-019-2902-8> • <https://pubmed.ncbi.nlm.nih.gov/33407293/>

Visit Us Online handsontpt.org or Call Today **888-261-0164**

CALL A CLINIC NEAREST TO YOU

ASTORIA CLINIC

32-44 31st Street
Astoria, NY 11106

Tel: (718) 626-2699

Fax: (718) 626-0923

QUEENS CLINIC

220-01 Jamaica Avenue
Queens Village, NY 11428

Tel: (929) 438-0007

HICKSVILLE CLINIC

337 Jerusalem Avenue
Hicksville, NY 11801

Tel: (516) 324-3480

THROGS NECK CLINIC

3867 East Tremont Avenue
Bronx, NY 10465

Tel: (332) 246-0507

PARKCHESTER CLINIC

1800 White Plains Road
Bronx, NY 10462

Tel: (347) 696-0752

FIND US ON SOCIAL MEDIA!



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your
PT story and leave your
review. We look forward
to hearing from you!

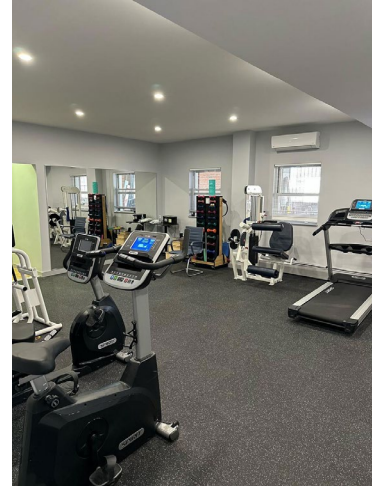
★ REVIEWS

handsonpt.org



OUR BRONX-THROGS NECK OFFICE HAS MOVED

Our Bronx - Throgs Neck office has moved one block away to the Ground Floor at 3867 East Tremont Avenue. If you have any questions please contact us at [888-261-0164](tel:888-261-0164).



FREE SHOULDER PAIN CONSULTATION FOR ALL THROGS NECK WORKERS & RESIDENTS



Let Us See Your Problem with Musculoskeletal Ultrasound

Hands-On PT uses real-time ultrasound sonography to see inside your shoulder and create the best treatment for your problem.

- No x-rays
- No radiation
- Results are immediate

Contact us at (332) 246-0507 or visit handsonpt.org/request-appointment/ to claim this offer.

HandsOn
PHYSICAL THERAPY
Healing Hands Guided by Technology

**Visit a Clinic
Nearest to You!**

TEL: 888-261-0164