



Vibrant Health
SOLUTIONS



*Move better.
Feel better.
Live better.*

*The Newsletter About
Caring for Your Health!*



**DON'T LET
SHOULDER
PAIN RUIN
YOUR
SUMMER**

785.367.3395

DON'T LET SHOULDER PAIN RUIN YOUR SUMMER

The weather's warming up! Are you excited to dive into some of your favorite summer sports and activities?

Of course, picking up a new activity after some time away can lead to new aches and pains. One area that's particularly at risk is the shoulder. Many common summer recreational activities, including pickleball, golf, and gardening, require repetitive shoulder movements, and if you aren't properly conditioned, you can strain the tissue.

Fortunately, the multidisciplinary team at Vibrant Health Solutions offers several solutions to help address and manage summer shoulder pain — so you can get back to your fun in the sun!

PHYSICALLY ACTIVE? HERE'S WHY YOUR SHOULDER MAY HURT

Here are some of the summer activities our patients love—and the ways they can hurt your shoulder:

- **Golf:** The powerful repetitive swinging in golf can damage the soft tissue in your shoulder, especially your rotator cuff—a group of muscles and tendons that wrap around your shoulder joint. A rotator cuff tear can cause shoulder pain and instability.
- **Pickleball:** Most pickleball injuries are overuse injuries, meaning they develop over time due to accumulated microtrauma in the tissue. They're particularly common for people who start new physical activity, which describes many pickleball players. Your shoulder and elbow are both susceptible to these overuse injuries.
- **Tennis:** Shoulder injuries are also common in pickleball's cousin, tennis. In fact, “tennis shoulder” is another name for inflammation in the rotator cuff. SLAP tears, which affect a ring of cartilage in your shoulder called the labrum, are also common.
- **Baseball and Softball:** Frequent throwing motions can contribute to several shoulder injuries, including rotator cuff tears and shoulder impingement, which occurs when a portion of the rotator cuff catches on one of the shoulder bones.
- **Gardening:** It may not be a sport, but many of the injuries above can also develop due to gardening activities, usually because of repetitive movements. Rotator cuff tears and shoulder impingements are the usual culprits for gardening-related shoulder pain.

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THE VIBRANT HEALTH SOLUTIONS APPROACH TO TREATING SHOULDER INJURIES

The good news is that you can resolve most of these shoulder injuries without surgery or other invasive treatments. The first step is pain management, and we offer several non-pharmaceutical options:

- **Platelet-Rich Plasma Injections:** These injections use blood drawn from your body and processed to isolate its platelets, cells that contain growth factors that can help facilitate healing. This platelet-rich plasma is then injected into the injury site, where it can help reduce pain and promote healing.
- **Shoulder Joint Injections:** These injections use a saline solution and are injected directly into the shoulder joint or injury site. As with PRP injections, they can help reduce your pain levels without drugs while helping create the right environment for your shoulder to heal.
- **Ultrasound and Laser Therapy:** Laser therapy uses lightwaves to reduce pain and swelling and help restore mobility to the shoulder. Ultrasound creates a similar effect but uses sound waves. Both are noninvasive and generally painless.

Once we've helped you manage your pain and worked to create the best environment to help your injury heal, our physical therapists and chiropractors can help guide you

through the rehabilitation process. Targeted exercises, manual therapy, and other techniques will help you resolve your underlying injury and strengthen your shoulder and rotator cuff.

INJURED YOUR SHOULDER? CALL US FOR COMPREHENSIVE CARE!

Persistent pain or restricted mobility in your shoulder can greatly impact your quality of life, no matter the cause. If your shoulder discomfort is severe enough that you can't perform day-to-day activities — like reaching overhead or brushing your hair — call Vibrant Health Solutions. Our multidisciplinary team offers drug-free, minimally invasive options for pain management, recovery, and rehabilitation.

Ready to resolve your pain for good? Call us today to schedule an appointment!

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EXERCISE ESSENTIALS

SHOULDER EXTERNAL ROTATION STRETCH (TOWEL)

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.



PT WIRED

A soft, spongy, not-too-sweet cake that takes a one-minute spin in the microwave!



LEMON MUG CAKE

INGREDIENTS

- 1 tbsp olive oil
- 3 tbsp full cream milk
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 4 tbsp plain flour
- 1/4 tsp salt
- 1/4 tsp baking powder
- 1 tsp sugar

DIRECTIONS: Add olive oil, whole milk, lemon juice and lemon zest to a clean mug and mix. Add all purpose flour, salt, baking powder and sugar to the mug. Mix until batter has a smooth consistency. If mixture seems dry, add 1/8 teaspoon of milk and repeat if necessary. Microwave at 1000 W (High) for 1 minute. Let rest for 30 sec. Serve warm in mug with topping of your choice and enjoy!

Call us at **785.367.3395** or visit us at therapyworkskansas.com or vibranthealthkansas.com



Meet our New Case Manager...

TREY MOORE

Trey graduated from Lawrence High School in 2017 and received all-state honors in football, track and field, and choir. He went on to Emporia State University to pursue his business degree and play football for the Hornets. Like many athletes, he suffered multiple injuries throughout his high school and college years, until a serious injury ended his college career. While his competitive football career has ended, Trey still enjoys helping coach youth football teams and providing other community service. He is passionate about his mission to help people who have suffered similar and worse injuries, and everyone in pain.



JUNE VIRTUAL WORKSHOPS

With Cindy Johnson, M.S., P.T, MCMT & Owner

SHOULDER PAIN AND ROTATOR CUFF

• June 12th at 6:30 pm

BACK PAIN & SCIATICA

• June 26th at 6:30 pm

LIVE ONLINE WEBINAR

PEAK KNEE PERFORMANCE: From Bone on Bone to a Better Life

with Cindy Johnson, M.S. P.T. — June 18th at 6:00 pm — **ONLINE!**

IN-PERSON WORKSHOP

NEUROPATHY WORKSHOP with Tyler Bohlke, DC

June 5th at 6:00 pm — **LIVE at the clinic!**



Follow us on Facebook, Instagram, and X for more information and other virtual events!

Patient Success Story

“Having had too many interactions with cars while riding a bike, my body has many quirks built up over the years. The fabulous folks here at TherapyWorks/Vibrant Health Solutions have helped with one particularly annoying issue — not being easily able to put on my own shoes and socks. I am delighted that I will be able to do so in a more normal fashion because of the exercises and therapy they have provided me. And they are all engaging, intelligent people who know how to laugh!” —KD

**Are You in Pain?
Have You Suffered an Injury?
Come back to see us!**

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, call us and schedule a free consultation with our case manager.
- 3 Contact us at Vibrant Health Solutions for an appointment with our Nurse Practitioner so our team can guide you and get you back to the activities you love.

Your success story could be someone's inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone's life.

Share Your Success Story



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