

## Services

### Shoulder Pain

## Why can't I figure out how to treat my shoulder pain?

Shoulder Pain: We carry the weight of the world on them, but don't spend a lot of time trying to figure them out. Yet our shoulders are each incredibly complicated joint systems. The positive aspect of this complexity is that your shoulders allow your body to undertake an amazing range of activities. On the down side, when something goes wrong with one or both of them, it can be complicated to treat on your own.

Specifically, each one of your shoulders is made up of four joints, which are connected not only to one another, but form the connecting unit to your shoulder blades, collarbone and upper arms. Because of this interdependence, any problem with your shoulder often means trouble performing functions that require almost any kind of upper-body mobility.

## What causes shoulder pain?

The causes of shoulder problems can stem from a sudden injury, a lifetime of poor posture, or conditions which weaken joint tissue. These conditions include various forms of arthritis and other inflammatory disorders.

Aggravating injuries include shoulder dislocation and broken arms, rotator cuff tearing, and falls or blows to your torso. In addition, shoulders tend to carry problems with other parts of your body, so that even heart disease or gallbladder problems can show up as "referred pain" in your shoulders.

## What does physical therapy do to stop shoulder pain and stiffness?

Our highly trained **physical therapist** will work with you on a variety of stretching and rehabilitation exercises to bring pain-free mobility back to your shoulder. A complete evaluation will verify exactly where the problem is, as well as its severity.

To be most effective, most therapy for shoulder pain will incorporate manual therapy techniques consisting of joint and soft tissue mobilization, deep tissue massage methods, and flexibility exercises. Stretching is key for improving flexibility. Your physical therapist will likely talk you through stretching moves, as well as gently manipulate your muscles.

For building strength, your physical therapist will probably involve some form of resistance training, such as with free weights, and/or long rubber bands.

## Ready to get started?

Whether you're in need of post-surgical rehab or are hoping to avoid surgery, our comprehensive treatment plan is designed to both target the various parts of your complex shoulder system, and to keep you motivated throughout the session.

**Contact us** today for physical therapy for your shoulder, or make an appointment online to learn how we can help you quickly relieve your shoulder pain.

Looking for physical therapy in West Hartford? No problem! BodyFit Physical Therapy is located in Canton CT, just a couple miles down the road from the West Hartford town line, just over the mountain.

Hear from some of our patients who we treated for **Shoulder Pain**

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“ 16. Frankly, I had almost given up golf and other fun activities. Without success, I had been to other PT offices trying to get improvement for few, old nagging injuries. Cindy's diligent evaluation...”

“ 16. Frankly, I had almost given up golf and other fun activities. Without success, I had been to other PT offices trying to get improvement for few, old nagging injuries. Cindy's diligent evaluation found the source of my challenges and implemented a careful improvement plan. She is remarkable on so many levels. Smart, resourceful and determined. Thanks to Cindy, my physical improvement is notable. Stronger, more balanced and pain free in my golf game! ”

Bren B

Submitted on website directly

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“ I was having difficulty making a good turn, not to mention finishing the round. Stiff neck, sore shoulder, and a chronic achy lower back with spasms. Then came BodyFit. Cindy developed flexibility and...”

“ I was having difficulty making a good turn, not to mention finishing the round. Stiff neck, sore shoulder, and a chronic achy lower back with spasms. Then came BodyFit. Cindy developed flexibility and strengthening techniques to alleviate/deal with the pain. My swing is bigger, drives are longer, and scoring is now sharp on the incoming 9! Go see BodyFit for lower scores ”

Brian L

Submitted on website directly

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“ Body Fit PT is awesome! I had zero flexibility and a habitual shoulder issue when I met Cindy in January. Today I can now touch my toes (at 6â’ 5â’ thatâ’ s an accomplishment) and my shoulder pain is gone! The combination of the PT & Cindyâ’ s daily exercise program has not only improved my physical health, but my hdep dropped from 10.2 to 7.1. Iâ’ m more flexible, have more confidence and feel like a million bucksâ’!everyday! ”

Paul A

Submitted on website directly