

HEALTH & HEALING



A Publication of
**NORTHERN
MICHIGAN**

SPORTS MEDICINE CENTER

www.northernmichigansportsmed.com

Physical Therapy Management of Rotator Cuff Injuries:

Northern Michigan Sports Medicine Center's Rotator Cuff Rehabilitation Program

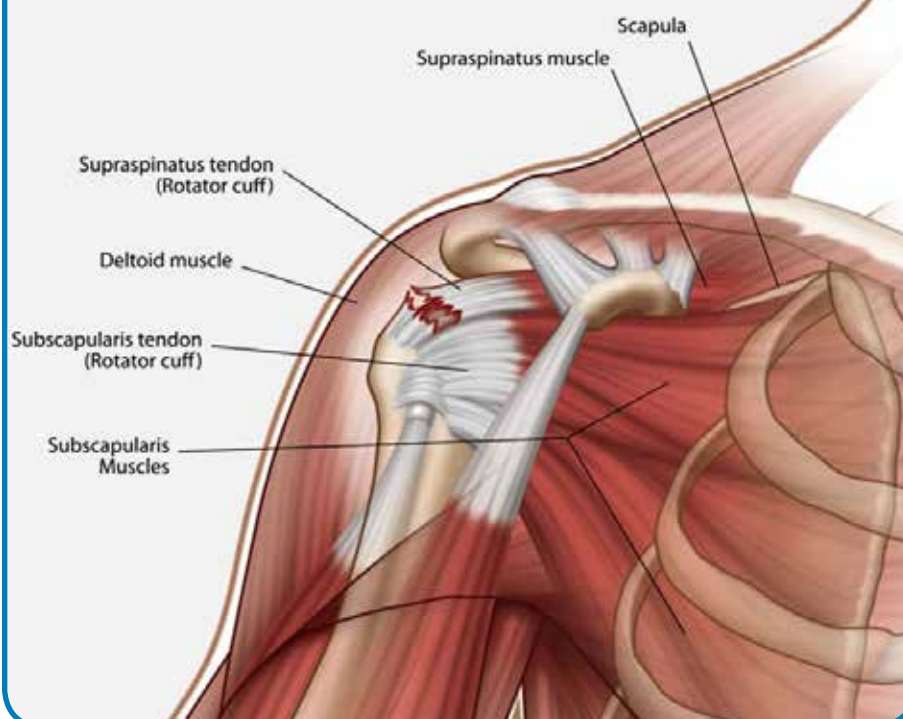
Rotator cuff tears result when the muscles and tendons of the rotator cuff become frayed under the acromion bone of the shoulder. This occurs both with aging, as well as, in younger people who perform repetitive overhead activities. Baseball pitchers, as well as, occupations that require overhead work, are two examples of people at risk of sustaining rotator cuff tears.

The rotator cuff is comprised of four muscles. These individual muscles combine at the shoulder to form a thick "cuff" over the joint. The rotator cuff has the important job of stabilizing the shoulder, as well as, elevating and rotating the arm. Due to the location of the muscle tendons under the bony structures of the shoulder joint, they are at increased risk of injury. Rotator cuff tears make up the majority of rotator cuff disorders. For partial tears, conservative management, such as physical therapy, can be utilized.

Occasionally, tears are too severe for conservative management and will require surgical repair. This is often performed via an arthroscopic surgical procedure. After surgery, there is often a period of immobilization and movement restriction of the shoulder joint. During this period, the shoulder muscles can become weak. As a result, physical therapy will also be required after surgical repair of rotator cuff tears to re-strengthen the muscles.

Conservative management of rotator cuff tears involve physical therapy to strengthen this muscle group. This type of therapy should be approved by a physician prior to its initiation. At Northern Michigan Sports Medicine Center, we have a program designed specifically to rehabilitate rotator cuff injuries.

ROTATOR CUFF TEAR



Northern Michigan Sports Medicine Center's Rotator Cuff Rehabilitation Program

- Week 1** Patient's symptoms of pain and inflammation are controlled.
- Week 2** Patient initiates shoulder range of motion and scapular stabilization program. Manual therapy to address capsular tightness.
- Week 3** Patient initiates rotator cuff strengthening program without exacerbation of underlying pathology.
- Week 4** Patient incorporates shoulder range of motion and rotator cuff strengthening program into aerobic conditioning program to maximize healing potential.
- Week 5** Patient establishes home exercise program for long term strengthening and range of motion.

We are having a lot of success with this approach to management of rotator cuff injuries. Patients are encouraged and are following through on their home program. If you are limited by an injury or pain in your shoulder, give us a call at any of our locations to see if physical therapy is appropriate for you.

In this Summer 2013 issue:

Feature Story:

Physical Therapy Management of
Rotator Cuff Injuries

Get fit, have fun, make friends
with SilverSneakers®

Testimonials

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Summer Wellness Class Schedule



Get fit, have fun, make friends with SilverSneakers®

We are excited to announce that all of our locations are now part of the network of Healthways SilverSneakers® Fitness Program.

SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. SilverSneakers® is the leading fitness program designed specifically for older adults.

If you are eligible for Medicare and participate in any of the following Michigan Health plans, you may be eligible to be a SilverSneakers® member at no cost to you:

- AARP® Medicare Supplement Insurance Plan
- BCBS of MI
- Blue Care Network
- Humana
- UnitedHealthcare®

Visit one of our clinics with your health plan ID card and our staff would be happy to verify your eligibility for the program. Your membership benefits include a specially trained Program Advisor at our clinic that will customize a fitness plan with your goals in mind, introduce you to the equipment, and the SilverSneakers® program.

Our Cheboygan, Charlevoix, and Indian River Clinics are offering the SilverSneakers® Muscular Strength & Range of Movement classes twice a week. Customized SilverSneakers® classes are designed exclusively for older adults who want to improve their strength, flexibility, balance, and endurance.

SILVERSNREAKERS® MUSCULAR STRENGTH & RANGE OF MOVEMENT CLASSES

Cheboygan

Tuesday and Thursday 10 am

Indian River

Monday and Wednesday 11 am

Charlevoix

Monday and Wednesday 12 pm

Testimonials.

“Christmas has always been my most favorite holiday of the year, except for Christmastime 2012. The morning of the first snowfall of the year, I found myself on the phone ordering gifts. When I realized I left a coupon in the car, worth getting cold and wet just to use, I slipped, did the splits, fell on my knee, and broke my foot. The foot healed fine by wearing a “boot-type” cast for a month and a half! The knee, on the other hand, never had a chance to heal because it got hit by the boot with every step I took.

A friend of mine suggested I visit Northern Michigan Sports Medicine Center for my therapy needs. I have used other therapy offices in the past but these offices did not have an aquatic aspect in their facility. So, I took a chance and made an appointment. Boy, was I glad I did! Matt Opolka, DPT, gave me a thorough evaluation, then told me he was moving back home to the Upper Peninsula. At first I was afraid I wouldn't be getting good service, especially without the evaluator present. But, it didn't take me long to realize that everyone had my best interest at heart. I received wonderful, knowledgeable care from everyone.

With a week and a half to go in my therapy, I finally got into that pool I had heard about. What a wonderful

experience! So much so, I am still using the pool for my Get Moving Plan which I know will help my Type II diabetes and continue to put the finishing touches on my knee.

What a blessing Joel Smith, MPT, Joelle Beaudoin, AT, Erika Edwards, AT, Kris Way, Amy Bartling, AT, Sarah Givens and Morgan Stewart have been to me. Their welcome smiles, wonderful service, caring attitudes, and fun conversation made a good thing out of a bad situation. Thank you for making the ‘Christmas feeling’ possible in June.”

– Sue Tillotson

“In 2007, I was hit by a truck while riding my bicycle and suffered a traumatic brain injury and compressed vertebrae in my back. Thanks to the wonderful network of doctors and physicians in northern Michigan, I, not only survived but continue, to this day, to make a great recovery.

Even though I have made great strides in my recovery, it has been difficult to live with constant aches, pains and physical limitations due to my back injury. After my first visit with Suzanne Howard, PT, I knew I was in great hands. She is a determined individual who is extremely passionate about her job and helping patients. Suzanne respected that I still wanted to remain as active as possible without surgical interventions.

In addition, Suzanne took the time to develop several techniques to help me remember specific stretches and exercises to complete at home. A lack of short term memory is a side affect of my traumatic brain injury. I hope Suzanne will be able to use these newly acquired techniques on future patients with similar deficits as they have been greatly beneficial.

Suzanne spent two months working with me and I am pleasantly surprised that I can go longer periods of time without severe back pain. I would highly recommend Suzanne Howard and Northern Michigan Sports Medicine Centers to anyone needing physical therapy.”

– Brandon Inglehart

“I would like to say that physical therapy was very beneficial to me. I don't believe that my arm would be doing as well if not for that. I struggled at home, but they made me try harder. I strongly recommend the Indian River PT staff for people with injuries such as mine.”

– Patricia Ogden



Sue Tillotson



Brandon Inglehart



Patricia Ogden

Upcoming Events

July 13th | Waterways Challenge Kayak Sprint Race – Cheboygan, MI

Cheboygan Physical Therapy is organizing the 6th annual kayak race. Registration starts at 10 am and the race begins at 11:30 at the Pier M-33 restaurant, and runs approximately 3 miles to the Lincoln Bridge. Free shuttle service in between start and finish. For more information, please visit the Cheboygan Chamber website: www.cheboygan.com or call 231-627-7183. In memory of Leo Pratt, we will award the best decorated kayak or kayaker.



July 16th | Free Running Injury Clinic: Screening and Gait Analysis – The Outfitter of Harbor Springs

Get back on the right foot with this three-part assessment: medical/musculoskeletal screening, functional strength and flexibility screening, and gait analysis. We are collaborating with The Outfitter of Harbor Springs and Harborside Spine and Sports Center. Clinic held at The Outfitter, downtown Harbor Springs. Registration for this free clinic is required, as participants will be scheduled every 10 minutes from 6:30 – 8:30 pm. Space is limited. Call 526-2621



July 20th | 9th Annual Bear River Crawl – 5K & 10 K race 8 am start time Bay Front Park, Petoskey.

Proceeds from the Bear River Crawl will benefit the Northern Michigan Cancer Crusaders, a charitable nonprofit organization established to ensure that 100% of our local fundraising gets donated back into our community. Registration forms are available at Northern Michigan Sports Medicine Centers, local sports stores, or on the web at www.northernmichigansportsmed.com

July 20th | Indian River Summerfest Co-ed Beach Volleyball Tournament – Devoe Beach, Indian River

Double elimination 5 on 5 Coed Beach Volleyball (6 people per roster), games will be scored rally style or until reaching a predetermined game-time limit. Games will be played rain or shine. All participants must be at least 14 years of age.

Registration Fee: \$50 per team • Limited availability, please register ASAP!

For more information call: 231-238-4880 Sponsored by Indian River Physical Therapy & Sports Medicine



August 10th | Women's Only Self Defense Techniques & Training Cheboygan & Petoskey

Learn how to: recognize and avoid bad situations, escape grabs & holds, disable an attacker, and use everyday items as weapons in aid in your defense.

9:00 am Cheboygan Physical Therapy & Sports Medicine 9445 N. Straits Hwy, Cheboygan 231-627-7201 to register

2:00 pm Northern Michigan Sports Medicine Center East – 345 N Division Rd, Petoskey 231-348-7950 to register

Aug 13th & Sept 10th | Free Running Injury Clinic: Screening and Gait Analysis – The Outfitter of Harbor Springs

Get back on the right foot with this three-part assessment: medical/musculoskeletal screening, functional strength and flexibility screening, and gait analysis. We are collaborating with The Outfitter of Harbor Springs and Harborside Spine and Sports Center. Clinic held at The Outfitter, downtown Harbor Springs. Registration for this free clinic is required, as participants will be scheduled every 10 minutes from 6:30 – 8:30 pm. Space is limited. Call 526-2621

October 24th | Save the DATE! 25TH ANNIVERSARY OPEN HOUSE CELEBRATION!

Join us for a celebration of serving northern Michigan's communities for 25 years!



The Sweet Sixteen

This group of dedicated and inspiring exercise enthusiasts come to the Petoskey West clinic several times a week to stay fit! We look forward each day to seeing each and every one of the sweet sixteen!

Back Row: Richard McMurray, Don Billiau, Bob Maldegan, Ray Eppler, Barb Harvey, Bob McCoy.

Middle row: Delynn Pettit, Candy Golden, Marty Eppler, Gay Alexander, Laverne Peterson

Front row: Marty Kohlligian, Lee Maldegan, Elaine Grunch, Ron Grunch, Otto Harvey

Serving our community for 25 years

*** 1988 – 2013 ***

2013 marks the 25th anniversary of Northern Michigan Sports Medicine Center (NMSMC), providing physical therapy, athletic training and rehabilitation services to residents in the Tip of the Mitt. We will be celebrating with an open house on October 24, 2013

The open house will celebrate 25 years of serving the communities' physical therapy and rehabilitation needs, plus 25 years of community involvement. We have been a Chamber of Commerce member since 1989, a large supporter of the arts, partnering with Bay View Association, Crooked Tree Theater, and Northern Michigan Chorale. We have been long time partners with the Petoskey Educational Foundation, Petoskey Youth Soccer Association and the Petoskey, Harbor Springs, and Charlevoix High School athletics.

Please join us on Thursday, October 24th to celebrate 25 years!



**NORTHERN
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SPORTS MEDICINE CENTER



www.northernmichigansportsmed.com

Petoskey: (231.347.9300)
4048 Cedar Bluff Drive, Suite 2

Petoskey East: (231.348.7950)
345 North Division Road

Harbor Springs: (231.348.7002)
8452 M-119, Harbor Plaza

Charlevoix: (231.547.0380)
06510 M-66 North Kmart Plaza

Indian River: (231.238.4880)
3805 South Straits Highway

Cheboygan: (231.627.7201)
9445 North Straits Highway

2013 Summer Wellness Classes

ALL CLASSES CAN BE ENTERED AT ANY TIME. PUNCH CARDS AVAILABLE

Call your nearest locations or visit us on the web for more information about class times in your area.

CHEBOYGAN

H2O YOGA SCULPT: Take your yoga to the pool!

AQUATIC STAY FIT: Pool times are made just for you!

DYNAMIC CORE: Crunch, twist, tighten and tone your core!

LUNCH LAB : Total body burnout in just 30 minutes!

BOOTCAMP: Partner up... It's circuit time!

TRIPLE THREAT: 20 minutes each of non-stop cardio, strength, and balance!

60 MINUTE SOLUTION: One hour, one workout, one way to change your body!

SETS & REPS: Quicker paced body conditioning class to help increase metabolism!

SILVERSNEAKERS® AGELESS ATHLETES: Combination of beginner basics to exercise!

EMPOWER CANCER WELLNESS: Re-gain the strength to live an active lifestyle!

STAY FIT: Exercise on your schedule!

XPRESS 8: Workout while waiting in just 25 minutes!

PERSONAL TRAINING: For those who need that extra push!

INDIAN RIVER

STAY FIT: Exercise on your schedule!

AQUATIC AEROBIC CLASSES: Workout in a low impact environment!!

CARDIO-FIT AQUA CLASS: Making waves to fitness!

OPEN POOL: Your time to exercise in the warm water.

CORE CONDITIONING CLASS: Level I & II. Whittle that middle!

TOTAL BODY TONING: Target every muscle in an hour!

TUNE UP: Tone your whole body!

SILVERSNEAKERS®: Muscular Strength & Range of Movement.

FUNCTIONAL FITNESS: Challenge your physical limits while having fun!

STAY FIT PLUS: Guided customized workout!

PERSONAL TRAINING: For those who need that extra push!

HARBOR SPRINGS

CORE CLASSES: Workout moves to target every muscle in the body.

AQUATIC AEROBIC CLASSES: Workout in a low impact environment!!

GET MOVING: Exercise at your convenience with professionals on site to answer any questions you might have!!

CHARLEVOIX

CORE CLASSES: Workout moves to target every muscle in the body.

SILVERSNEAKERS®: Muscular Strength & Range of Movement.

GET MOVING: Exercise at your convenience with professionals on site to answer any questions you might have!!

PETOSKEY EAST

CORE CLASSES: Workout moves to target every muscle in the body.

AQUATIC AEROBIC CLASSES: Workout in a low impact environment!!

PRENATAL EXERCISE CLASS: Two days a week of mommy to be time!!

POSTPARTUM EXERCISE CLASS: Get that body back to pre-baby shape with a skilled instructor!!

GET MOVING: Exercise at your convenience with professionals on site to answer any questions you might have!!

PETOSKEY WEST

AQUATIC AEROBIC CLASSES: Workout in a low impact environment!!

GET MOVING: Exercise at your convenience with professionals on site to answer any questions you might have!!

GET THE EXPERT ADVICE YOU NEED!



NORTHERN MICHIGAN SPORTS MEDICINE CENTER

A consultation is a brief assessment of an injury or condition to determine whether physical therapy would be beneficial and to provide guidance on immediate care including recommendation or referral to a physician.

Call today to schedule an appointment, or reserve a time for a free consultation at one of our clinics.

Petoskey West: (231) 347-9300 **Harbor Springs:** (231) 348-7002 **Charlevoix:** (231) 547-0380

Petoskey East: (231) 348-7950 **Indian River:** (231) 238-4880 **Cheboygan:** (231) 627-7201

FREE CONSULTATIONS