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STAY IN THE GAME

Newsletter for all our Form & Function Family



Why Shoulder Pain Keeps Coming Back (Even After It "Gets Better")

If you've dealt with shoulder pain for more than a few months, you already know the pattern. It flares up. You rest it. It calms down. You go back to normal life, lifting, sleeping, working at your desk, and a few weeks later, it's back. Sometimes worse than before. Maybe it started after a workout, a long week at a desk, or even sleeping in the wrong position one night.

If this sounds familiar, you're not alone. This is one of the most common frustrations we hear from patients who are still active, still lifting, still working hard, and just want their shoulder to cooperate. The good news is that this cycle isn't random, and it isn't something you simply have to live with.

This cycle is incredibly common, especially after 40. And it's also incredibly misunderstood.

Let's talk about why this keeps happening, and what actually breaks the cycle for good.

OVERVIEW:

- Why Shoulder Pain Keeps Coming Back (Even After It "Gets Better")
- Products We Love
- Monthly Offers
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Why Shoulder Pain Is So Common

The shoulder is the most mobile joint in your body. That's great for reaching, lifting, and throwing, but it also means the shoulder relies heavily on surrounding muscles and tendons for stability.

When those tissues get overworked, tight, or weak, pain shows up. Here's the part most people miss: pain usually isn't the actual problem. It's a signal that something isn't working the way it should, whether that's posture, movement patterns, strength imbalances, or an old injury that never fully healed.

Treating the pain without addressing why it's there is the number one reason shoulder issues keep coming back.

The Mistake Most People Make When Shoulder Pain First Starts

When shoulder pain shows up, most people do one (or more) of the following:

- Ignore it and hope it goes away
- Take over-the-counter pain relievers
- Avoid using the arm
- Wait to see if it "works itself out"

And often, it does seem to get better for a while. That's because mild inflammation can calm down on its own. But if the underlying cause (weakness, poor mechanics, tissue damage) hasn't been addressed, the pain is just waiting for the right trigger to come back.

This is why so many people find themselves saying, "It was fine, and then suddenly it wasn't again."

Why "Resting It" Isn't Always the Right Answer

Rest has its place, especially right after an injury. But long-term rest is one of the most common mistakes we see. Shoulders are built to move. When you stop using a shoulder because it hurts, the muscles around it get weaker and tighter. This often makes the joint less stable, not more, setting you up for the pain to return as soon as you resume normal activity.

The better approach is usually controlled, guided movement, not total avoidance. This is where many people get stuck, because it's hard to know what's safe to do and what's making things worse without proper guidance.

Common Causes You Might Not Expect

Shoulder pain doesn't always come from an obvious injury. Some of the most common culprits are things people don't even think about:

Sleep position. Sleeping on your side, especially on the painful shoulder, can compress tissues and aggravate inflammation night after night without you realizing it's the cause.

Desk posture. Hours of

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- **Alleviation of pain and inflammation**
- **Enhanced range of motion**
- **Swift recovery of functional abilities**
- **Prevention of muscle atrophy post-surgery**
- **Strengthened ligaments**
- **Expedited healing of skin wounds and nerve regeneration**
- **Utilizing guided PEMF therapy can also have extended benefits that include:**
- **Boosted energy, circulation, and oxygenation of blood and tissue**
- **Improved sleep quality, blood pressure, and cholesterol levels**
- **Balanced immune system and accelerated cell regeneration**
- **Muscle relaxation**

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

rounded shoulders and forward head posture slowly tightens the front of the chest and weakens the muscles that stabilize your shoulder blade, a recipe for shoulder impingement.

Old injuries. That shoulder you "tweaked" years ago playing sports? If it didn't fully rehab, it may have left behind weakness or poor movement patterns that are finally catching up with you.

Repetitive overhead activity. Lifting, swimming, throwing, or even reaching into high cabinets repeatedly can irritate the rotator cuff tendons over time.

Most people are surprised to learn their shoulder pain has very little to do with one single moment, and everything to do with months or years of small stressors adding up.

The Difference Between a Stiff Shoulder and a More Serious Problem

Not all shoulder pain is the same, and it's important to know the difference.

A **stiff shoulder** often comes from muscle tightness, poor posture, or mild overuse. It usually responds well to movement, stretching, and strengthening.

Frozen shoulder is different. It involves the joint capsule itself tightening up, often causing a significant loss of motion in multiple directions, not just pain with certain movements. It tends to progress through stages and can take longer to resolve.

Why Shoulder Pain Often Gets Worse Before It Gets Better

This surprises a lot of people, but it's actually a good sign when approached the right way.

As you start addressing the real cause, whether that's improving mobility, correcting posture, or strengthening weak muscles, you're often asking tissues to do work they haven't done in a long time. Some mild soreness or temporary discomfort during this phase isn't a red flag; it's often part of the rebuilding process.

The key difference is guided discomfort versus unmanaged pain. One is part of progress. The other is a sign that something needs to be adjusted.

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If you're interested in booking a discovery visit with us. Call us at (888) 619-2885 for more information!

Product We Love



Pulsed Electromagnetic Field Therapy (PEMF)

PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy. Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health. PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

Promos of the Month



25% Off Joint NutraCare For First Time Buyers On the Website



Understanding Clicking and Popping Joints

By: Trevor Field

Have you ever stood up, bent over, or moved your arm and heard a click or pop in your joints? This is a fairly common experience and, in most cases, it's nothing to worry about. These sounds are often harmless and are usually the result of normal joint movements. In most cases, the clicking or popping sound happens when gas bubbles in the synovial fluid, which lubricates your joints, collapse due to sudden changes in joint pressure. Another common cause is the movement of tendons or ligaments sliding over bony surfaces as your joints flex or extend.

What Causes the Clicking and Popping?

The most frequent cause of clicking and popping in joints is a phenomenon known as cavitation. Inside the synovial fluid of your joints, there is dissolved gas, primarily nitrogen. When you move a joint, the pressure within the joint changes, causing these gas bubbles to form or collapse. When a bubble collapses, it creates a sharp popping sound, similar to the noise you might hear when you crack your knuckles. This is entirely normal and is not harmful to the joint.

Another cause of joint sounds comes from tendons and ligaments. These tissues, which help stabilize and move the joint, may snap or catch on bony structures during movement. When a tendon or ligament moves over a bone or another tendon, it can briefly "snap" into place, producing a popping or clicking sound. This is particularly noticeable in joints like the knee, shoulder, or hip.

When Should You Be Concerned?

While occasional clicking or popping is perfectly normal, certain situations warrant further attention. If joint noises are accompanied by pain, swelling, or a sense of instability, it could indicate a deeper issue that may need medical evaluation. For example, persistent clicking or popping in the knees or hips, combined with discomfort or swelling, could be a sign of early-stage osteoarthritis, a condition where the cartilage within the joint begins to wear away, causing bones to rub against each other. Similarly, tendonitis or bursitis can cause inflammation in the tendons or the small fluid-filled sacs around your joints, leading to painful popping sounds when you move.

What to Do If You're Concerned?

If your joint noises are associated with pain, stiffness, or swelling, it's important to seek medical advice. A healthcare professional, such as a physical therapist or orthopedic specialist, can assess the condition of your joint and determine the cause of the discomfort. They will evaluate your range of motion, the strength of the muscles surrounding the joint, and the overall alignment to identify any potential issues.

A physical therapist can create a personalized treatment plan designed to reduce pain, improve joint mobility, and strengthen the muscles around the joint. This might involve exercises to improve flexibility, strength training, or joint mobilizations to restore proper alignment. In cases where structural damage is suspected, additional imaging such as X-rays or MRIs may be needed for a more comprehensive diagnosis.

Early intervention is critical in preventing further joint damage. Ignoring persistent pain or discomfort in the joints can lead to more severe issues over time. Whether it's a simple misalignment or a more complex condition, addressing the problem early can help improve joint health and prevent long-term complications.

In most cases, clicking or popping joints are not a cause for concern and are simply a result of normal physiological processes. However, if the sounds are accompanied by pain, swelling, or stiffness, it's important to seek medical advice. Early intervention through physical therapy or other treatments can help alleviate discomfort, restore mobility, and protect the joint from further damage. Understanding the causes and when to seek help can lead to better joint health in the long run.

Recipe We Love *Loaf Pan Chicken Gyros*



Ingredients

- 1/3 cup plain whole milk Greek yogurt
- 1 teaspoon lemon zest
- 3 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 3 cloves garlic, minced
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon dried dill
- 1/2 teaspoon freshly ground black pepper
- 2 pounds skinless boneless chicken thighs
- 3 to 4 (6-inch) bamboo skewers*
- 6 Greek pita flatbreads
- 1 (9-12-ounce) carton tzatziki
- 1 large tomato, thinly sliced
- 1/2 cup thinly sliced red onion

Nutrition

Calories 582
Total Carbohydrate 52g
Dietary Fiber 3g
Protein 47g
Total Fat 21g
Saturated Fat 6g
Vitamin C 10mg

How to Make Loaf Pan Chicken Gyros

- **Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Line a 9x5-inch loaf pan with parchment paper.**
- **Whisk together yogurt, lemon zest, lemon juice, olive oil, garlic, oregano, salt, paprika, dill, and pepper in a large bowl. Add chicken and toss to coat.**
- **Layer chicken thighs in the prepared loaf pan, then insert 3 to 4 bamboo skewers vertically through the layers to hold the chicken together. Scrape any remaining yogurt mixture over the chicken. (At this point, if desired, cover and marinate in the refrigerator for 2 hours to overnight.)**
- **Bake until chicken is browned and tender and an instant-read thermometer inserted into the center registers 170 degrees F (77 degrees C), 1 hour and 10 minutes.**
- **Let stand for 10 minutes.**
- **Drain liquid from the loaf pan. Place chicken on a cutting board. Remove skewers and slice against the grain.**
- **Arrange chicken, pitas, tzatziki, tomato, and red onion on a platter for people to assemble their own gyros.**