

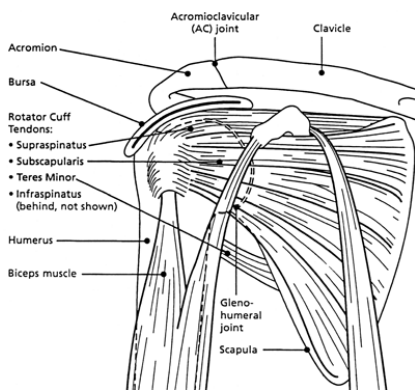


The M&M Motion Minute

Shoulder Pain

Shoulder pain is one of the most common problems we treat here at M & M Physical Therapy. The pain can range from mildly irritating to completely debilitating and there are many potential causes. The shoulder is a relatively unstable joint compared to the other joints in our bodies, resulting in higher potential for injury as well as wear and tear. It is typically viewed as a 'ball-in-

socket' type joint. However, the ball is much larger than the socket—kind of like a golf ball sitting on a



tee. The joint is held together primarily by ligaments, cartilage,

and muscles. The 4 muscles and tendons that are responsible for the integrity of the shoulder are commonly referred to as the rotator cuff. The most common reasons for shoulder pain relate to wear and tear of the rotator cuff tendons. The tendon can become impinged between the humeral head and the acromion (the top part of the shoulder blade) when the arm is elevated or by postural {cont'd on page 4}

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M&M PT Can Help With:

- Fibromyalgia
- TMJD (tempromandibular joint disease)
- Headaches/whiplash/cervical pain
- Rotator cuff and shoulder injuries
- Golf/tennis elbow, carpal tunnel
- Low back pain, sciatica, sacroiliac pain, hip pain
- Knee/ankle injuries and disorders
- And More

M & M WELCOMES LICENSED ACUPUNCTURIST & CHINESE HERBALIST

We are excited to announce the addition of a new service at our clinic. Andrea Rogosienski will be available by appointment for acupuncture and oriental medicine.

Andi earned her Masters in Oriental Medicine and Bachelors in Nutrition at the Midwest College

of Oriental Medicine in Racine, WI and is a Nationally Board Certified and State of Wisconsin Licensed Acupuncturist. Andi completed her undergraduate studies at the University of Wisconsin-Milwaukee where she earned a Bachelors in Kinesiology with an emphasis in Exercise & Fitness. Andi is an ACE Certi-

fied Personal Trainer bringing an integrated approach to wellness therapies.

When you schedule an appointment for acupuncture, Andi will meet with you one on one to discuss your medical history, current conditions, and treatment. During your initial intake she will go over all

Healthy Christmas Recipe: Low-Fat Smoked Salmon Spread

Exercise of the Month The Wall Slide

This spread is delicious on crackers or served with Belgian endive leaves for scooping. Or cut whole-wheat pita bread into triangles, bake until crisp, then sprinkle with kosher salt.

Ingredients:

6 ounces smoked salmon, chopped
6 ounces low-fat cream cheese
1/4 cup nonfat sour cream
1 tablespoon freshly squeezed lemon juice
2 tablespoons chopped fresh dill
1 scallion, white part only, minced
1/4 teaspoon freshly ground black pepper

Directions:

In a food processor or mixer at slow speed, blend the salmon, cream cheese, sour cream and lemon juice until fairly smooth. Mix in the dill, scallion and pepper. Cover and refrigerate up to 3 days.

Recipe makes about 1-1/2 cups.

Nutrients per 2-tablespoon serving: Calories: 55
Protein: 4g
Carbohydrate: 2g
Fiber: 0
Fat: 3g
Cholesterol: 11mg
Sodium: 157mg

This a nice holiday treat which is relatively low in fat and contains salmon which is a good source of omega 3 fatty acid.



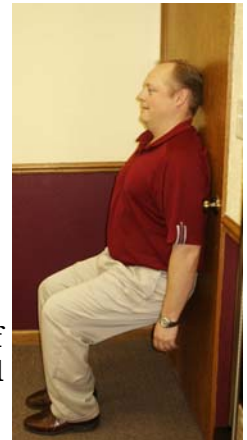
This very simple exercise is a great way to strengthen the muscles of the hips and knees. A wide range of people can benefit from the wall slide. The difficulty can be adapted to make this exercise challenging for an 18 year old athlete, the 40 year old looking to 'tone up the thighs' or the 65 year old having difficulty getting up a flight of stairs.

The wall slide targets the Quadriceps, the Hamstrings, and the Gluteals. These are the muscles that drive us to stand from a seated position, get us up and down stairs, and propel us into the air during a powerful jump.



The exercise is quite simple. Find a smooth that will allow your shirt to slide up and down. Make sure your heels are about a foot from the wall. **DO NOT** do this exercise with your heels right up against the wall. That puts unnecessary strain on the knees. Keep your shoulders, buttocks and low back against the wall. Then simply slide down until your knees are bent to

about 90 degrees. No need to go any lower than that. As you slide back up, be sure not to allow your back to arch away from the wall, keep it flat. If you find it too difficult or feel knee pain, try sliding down a little less, keeping the strain off you knee joint. You want to feel the muscles of the thigh working hard at the bottom of your slide. Try holding for 5-30 seconds at the bottom if you want to add a challenge.



Do not do this exercise if you have sharp pain in the knee or hip joint, or if you experience low back pain. Feel free to call Larry or Melissa or if you have any questions.

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your questions related to acupuncture and explain how acupuncture can work for you. We may also discuss Traditional Chinese Medical Nutrition as this relates to your individual condition. Andi will also complete a TCM Tongue & Pulse Diagnosis to determine what is going on inside your body. With all of the information gathered from your initial intake Andi will formulate a Traditional Chinese Medical Diagnosis. Each individual presents with a different TCM pattern or diagnosis, which is then treated with an acupuncture, herbal, and/or nutritional prescription tailored toward each individual. To schedule an appointment with Andi, please call her at 414-852-1564

What can Acupuncture treat?

Acupuncture has received recognition in the West for the treatment of chronic pain and pre-operative analgesia. However, most are not aware that Acupuncture is an effective treatment for many conditions. In 1997, the National Institute of Health (NIH) published a Consensus Statement on what Acupuncture could successfully treat. This statement can be viewed at <http://consensus.nih.gov/1997/1997Acupuncture107html.htm>.

According to the panel, there is clear evidence of the following biological effects of acupuncture:

- Release of endorphins (substances that inhibit pain)
- Regulation of endocrine function
- Increased circulation
- Enhanced immune function

Below is a list of conditions that the NIH Consensus stated acupuncture treats successfully:

Carpal tunnel syndrome	Fatigue	Osteoarthritis
Depression	Headaches	Stroke rehabilitation
Fibromyalgia	Insomnia	Tennis elbow
Low-back pain	Sciatica	Postoperative dental pain
PMS	Stress	Postoperative nausea and vomiting
Shoulder pain	Menstrual Cramps	Nausea and vomiting as side effects of chemotherapy
Addictions	Myofascial Pain	
Asthama	Nausea in pregnancy	

Recently, the NIH has granted millions of dollars with the express purpose to study the effects of Acupuncture and other complementary modalities for the many challenging health concerns we face today.

In addition, the World Health Organization (WHO) published an article that expanded the list of treatable conditions described by the NIH, titled "Acupuncture: Review & Analysis of Reports on Controlled Clinical Trials." This article was peer reviewed by John Amaro, D.C., FIAMA, Dipl.Ac., L.AC. and the findings were published in Acupuncture Today, (2004) available at: <http://www.acupuncturetoday.com/archives2004/oct/10amaro.html>.

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positioning. Then, repeated overhead movements or improper posture causes excessive wear and tear on the tendon. This results in inflammation (tendonitis) or in some cases a complete tear.

There are many other possibilities for shoulder pain including adhesive capsulitis (frozen shoulder) or problems with the ligaments like separated shoulders, or even damage to the cartilage. Traumatic injury from falls or accidents may involve the rotator cuff, the ligaments or even cause dislocation.

Most of the time, doctors recommend physical therapy as the first course of action for people with shoulder pain. The goal of conservative rehabilitation relates to the particular dysfunction. If range of motion is lost, therapists utilize manual therapy and exercises to regain normal movement. In most cases the therapy will involve exercises to 'stabilize' the shoulder. The delicate balance of muscular action that helps keeps the ball in the socket is easily thrown off when pain or injury occurs. Stabilization exercises re-

train the shoulder musculature to minimize dysfunctional movement with shoulder use.

If you are experiencing a nagging shoulder pain, don't wait for it to get out of control. Often times very simple exercises can 're-educate' the musculature, preventing irreversible damage. You can make an appointment at M & M for a shoulder screening, and we can give you an idea about the nature of the problem. We will recommend some exercises or in some cases, a trip to the doctor for some imaging studies. The bottom line is, something should be done before its too late.

Happy Holidays

from:

Anne, Larry and Melissa