



Choose Mountaineer Physical Therapy to relieve

# SHOULDER PAIN

Recover your quality of life

[www.mountainriverpt.com](http://www.mountainriverpt.com)

Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

## Common Shoulder Ailments:

- Impingement\*
- Rotator cuff tear
- Instability
- Fracture/trauma
- Frozen shoulder
- Tendinopathy
- Arthritis

## What are my treatment options?

- Drugs
- Surgery
- Physical Therapy\*

## Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research\*
- Customized to treat the underlying cause

If you're ready for relief,  
and tired of "masking" your pain,  
treat the cause, not just the symptoms!

## Your Recovery Process:

- Pain relief
- Restoration of normal movement
- Recovery of function
- Independent care

## Components of Your Care:

- A biomechanical evaluation
- Custom treatment plan
- Extensive patient education
- Hands-on techniques to relax the muscles and recover mobility
- Stretching for tight muscles
- Strengthening of weak muscles
- Mobilization of stiff joints
- Modalities such as ice, heat, ultrasound or electrical stimulation

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

