

December 2007: Volume 3, Issue 12

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If you're craving something chocolatey following the Christmas season, e-mail the PTC office to win a bag of toffee handmade and gift-wrapped by our staff! The first person to e-mail **wendy@ptconsultants.net** will take home a bag of sweet, crunchy goodness!

A PTC Case Study: Rotator Cuff Tendinitis

A 55-year-old female came to PTC's Janna Ogle-Geiger with left shoulder pain from the outside edge of her shoulder midway down her lateral upper arm. The onset occurred about a week prior for no known reason. Upon further questioning, the patient recalled that her pain began the day after she had been at the hospital to have some tests done. The nurse discovered her blood pressure was high, so she had to stay at the hospital until it went down. She was positioned on her back while the nurse repeatedly took her blood pressure every 10-20 minutes. The patient noted that at the time this procedure was becoming irritating to her shoulder, but she did not think anything about it. When her pain began the next day, she did not relate the blood pressure incident with the onset of her symptoms.



level tendon exercises and a non-painful passive range of motion exercises for her left shoulder. Janna also advised her on specific movements and positions to avoid. "I progressed her program as she tolerated and she gradually healed in about 6 weeks," Janna says. "Six to eight weeks is a reasonable time frame for a mild tendinitis to heal."

This patient had a good outcome because she addressed the cause and established a healing environment early in the injury process. A typical problem is the same type of scenario but prolonged because the person continues to irritate the shoulder with activities and does not provide an appropriate stimulus for healing. This situation can result in *tendonosis*, which is a weakened tendon from injury, deconditioning, and/or disease. Janna explains, "Although our bodies are remarkable and can recover from a tendonosis, it takes several months if not longer to rebuild." Janna also has one final note to patients: providing a healing environment encompasses aspects of the whole person—meaning emotional and nutritional needs may also be addressed. To learn more, feel free to contact PTC.

"The position the nurse was placing her arm for taking her blood pressure was a position of impingement," Janna says. "This caused inflammation of her rotator cuff tendon—or tendinitis." To begin the patient's program, Janna instructed her in gentle low

Handmade Packages from the Heart

That's a wrap!

Homemade food is a thoughtful, personal gift that can melt the hearts of your loved ones. So why not take the sweetness a step further and create your own festive packaging?

Creating your own gift wrap is a snap with store-bought stamps. Stamp plain small paper bags or plain gift wrapping paper with holiday designs or patterns, such as snowflakes. With the wide variety of stamps available, your designs can be tailored to fit anyone's unique style. Use your stamps to make coordinating gift cards for an extra pretty presentation.

To wrap cookies, cut a large sheet of parchment paper in a square and gather the edges around a stack of cookies placed in the center. Tie the

edges with a sparkly ribbon and loop a holiday cookie cutter through the knot. For a truly personal touch, write your cookie recipe on an index card and attach it as well.



It's also fun to present a gift within a gift. Wrap muffins or a loaf of homemade bread in wax paper, and then wrap in a holiday tea towel. Or, stand biscotti in a cellophane bag and tie the edges with twine or a colorful ribbon. Set the bag in a festive coffee mug, along with some aromatic coffee beans.

And if you're giving a gift in a bottle, tie a glistening ornament around the bottleneck for an especially memorable toast. Cheers!

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Physical Therapy
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PATIENTS KNOW THEY
HAVE BEEN HELPED AT
PTC!



With another year coming to a close, we would just like to take the opportunity to thank you for choosing PTC for your physical therapy. We absolutely love what we do, and it's because of people just like you that we look forward to coming to work every morning. Thank you for making it possible for us to continue making a difference in the lives of others. May your holiday be filled with joy and the coming year be overflowing with all the good things in life!

~The PTC Staff~

Happy Holidays

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