



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling

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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries/disorders

OUR CLINICS

- Belton
- Blue Ridge Tower
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

In the Clinic: Shoulder Injuries



As we sit here this winter, snow and ice on the ground, we are reminded of injuries involving the upper extremities. People unfortunately fall during this time, and those injuries can be quite problematic. In particular, shoulder injuries cause problems for people.

Some common shoulder injuries include rotator cuff injuries, adhesive capsulitis or "frozen should-

er," tendonitis/bursitis, arthritis and dislocation or instability. So, how can you best return to your normal activities after a shoulder injury without risk of re-injury? The answer lies in effective, efficient, and evidence-based treatment.

There are several possible treatments for shoulder injuries, one of which is physical therapy. An individualized physical therapy program for shoulder rehabilitation can include joint mobilization, modalities for pain relief, stretches to restore shoulder mobility and exercises to improve shoulder strength.

In addition, physical therapy for a shoulder injury should address the

need for adequate stabilization before beginning rotator cuff strengthening.

The scapula provides a stable base for the humerus to move effectively and efficiently. It must have adequate movement as well, but without proper stabilization, the rotator cuff and other surrounding musculature are doomed to fail.

Without proper stabilization, increased stress is placed on the shoulder and may result in prolonged rehabilitation. Proper stabilization, along with the other components of an individualized physical therapy program, can make a big difference in your safe return to the activities you enjoy. Stay warm!

Meet the Staff: David Dowdy, DPT

David Dowdy is a physical therapist at SERC of Belton and the recently opened SERC of Odessa. David graduated from the University of Kansas

Medical Center and has been with SERC for 5 years. He specializes in shoulder rehabilitation, Functional Capacity Evaluations and vestibular

rehabilitation.

In his spare time, David enjoys fishing, karate and camping with his family. He is also an amateur triathlete.