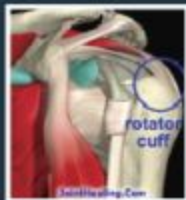


Why physical therapy?

Physical therapists are rehabilitation specialists extensively trained in evaluation and treatment of the musculoskeletal system. Working in a team approach with your doctor, your physical therapist:

- Evaluates the balance of muscle strength, flexibility, and the nervous system which contribute to shoulder function.
- Initiates pain-reducing steps including ice, heat, iontophoresis, and ultrasound to help increase your function and comfort.
- Utilizes joint mobilization techniques to help restore normal movement to your shoulder joint.
- Incorporates soft tissue work to help regain full length and elasticity of the muscles and soft tissue in your shoulder.
- Instructs and trains you in a program of stretching, strengthening, posture, and coordination exercises designed to restore normal function to your shoulder.
- Assesses how your work and daily activities may be contributing to your shoulder problem and makes appropriate ergonomic recommendations.
- **Note:** Research proves that shoulder patients with impingement syndrome respond very well to physical therapy treatment^{3,4}.



Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Jackson County Physical Therapy Locations

Ashland

370 E. Hersey St. Ste 1
(541) 482-6360

Eagle Point

158 W. Main St.
(541) 830-0914

Medford

36 Hawthorne St.
(541) 776-2333

Phoenix

242 Fern Valley Rd.
(541) 512-0757

Vision

Jackson County Physical Therapy aspires to improve the quality of life of our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

Research References

1. Van Der Windt DA, Koes BW, De Jong BA, Bouter LM. Shoulder disorders in general practice: incidence, patient characteristics, and management. *Ann Rheum Dis.* 1995; 54:959-964.
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3. Ginn K, et al. A Randomized, Controlled Clinical Trial of a Treatment For Shoulder Pain. *Phys Ther.* 1997;77:802-811.
4. Bang M, Deyle G. Comparison of Supervised Exercise With and Without Manual Physical Therapy for Patients with Shoulder Impingement Syndrome. *J Orthop Sports Phys Ther.* 2003;0:126-37.

Shoulder Pain & Impingement Syndrome



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