



Solutions for Shoulder, Elbow and Wrist Pain

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

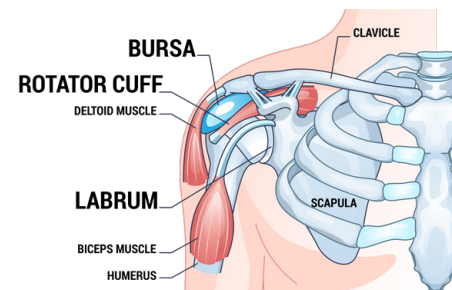
Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today to make an appointment. With our guidance, you can find solutions to your pain and get back to living the life you enjoy!

What Is Causing the Pain?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Joint disorders
- Arthritis and bone spurs
- Referred neck pain
- Bursitis and tendinitis



Request your appointment online at [physiochirowellness.ca](https://www.physiochirowellness.ca) or call the clinic nearest you!

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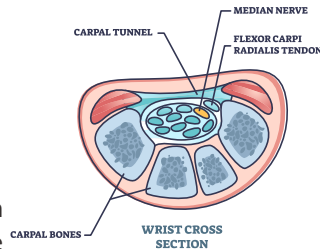
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Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Arthritis
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain are:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendinitis
- Repetitive motion syndrome



Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Our therapists can identify what may have caused the pain to start and what you can do to resolve it.

What Do My Symptoms Mean?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the “shoulder,” they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspects of the elbow are commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may



indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Therapy for Shoulder, Elbow and Wrist Pain

Treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results!

Contact Our Clinic Today

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and helping you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

Contact us today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

[Request an Appointment](#)

Sources: <https://pubmed.ncbi.nlm.nih.gov/30916527/>; <https://pubmed.ncbi.nlm.nih.gov/29921250/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>; <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-019-2902-8>; <https://pubmed.ncbi.nlm.nih.gov/33407293/>

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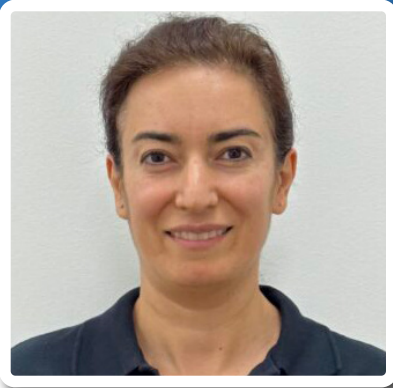
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Staff Spotlight

Dr. Maryam Hatamian Chiropractor



Dr. Maryam Hatamian graduated from University of Toronto in 2002 with a Bachelor of Science degree with high distinction. She then completed her chiropractic degree at Canadian Memorial Chiropractic College in 2006 and graduated as a Doctor of Chiropractic with high distinction. Dr. Hatamian is a dedicated chiropractor who helps individuals regain their health and function. She is an active member in good standing with the College of Chiropractors of Ontario, Canadian and Ontario Chiropractic Associations. Dr. Hatamian has completed Chiropractic Rehabilitation modules at Canadian Memorial Chiropractic College and is also certified in Sports and Functional Rehabilitation. She has the training and vast knowledge to identify impairments and disabilities in injured individuals and to help workers plan to return to work. She has also completed courses in assessment and management of temporomandibular joint disorders.

Her main focus in practice is the rehabilitation of individuals who have been injured in car accidents, work and sports. She helps individuals in all age ranges from young kids to seniors.

Her favorite activities and hobbies outside work are listening to classical music, and outdoor activities such as hiking, biking, canoeing and being in nature.

Pain In Your Shoulder, Elbow, or Wrist? Here's Where It Could be Coming From

If you're struggling with pain in your upper extremities (including your shoulders, elbows, and wrists), then you know just how big an impact it can have on your day-to-day life. Brushing your hair, picking up a bag of groceries, playing with your kids – all start to feel impossible.

At PhysioChiroWellness, our therapists can help you manage upper extremity pain. The first thing we'll do is help you identify the cause of your pain. Here are some of the most common:

- A rotator cuff injury
- Arthritis
- Bursitis
- Referred neck pain
- Frozen shoulder
- Carpal tunnel syndrome
- Tendinitis (tennis elbow, golfer's elbow)
- Ligament sprain or tear
- Fractures

Depending on the source of your pain, we'll develop a customized treatment plan that suits your needs. Ready to get started? Contact us today to schedule an initial consultation with one of our therapists!

Sources: <https://orthoinfo.aaos.org/en/diseases-conditions/common-shoulder-injuries/>; https://www.physio-pedia.com/Wrist_and_Hand; <https://www.ncbi.nlm.nih.gov/books/NBK532948/>

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PATIENT SUCCESS STORY

Very knowledgeable and awesome, friendly staff!! I have done almost all the therapies they have to offer because of acute tendinitis in my shoulder. **My range of motion, my pain and my physicality have improved tremendously in a matter of a couple of months.** They truly make you feel like part of their family. I highly recommend them!

— Nadia P.



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