



AQUA
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Inside this issue:

Shoulder Replacement Surgery 1-2

Core Muscles 2

It's Not a Health Food Thing 3

Introduction of Eric Cullen 4



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Questions?
 Comments?
 Please feel free to reach me at any time via email, fax, or telephone. I hope that you enjoy this issue of

Robinson Physical Therapy
 & Health Center News!!!

Robinson Physical Therapy & Health Center News

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WE CARE FOR YOU!!!

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Shoulder Replacement Surgery



Wim Rogers,
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It is becoming more common to see patients following shoulder replacement surgery. Unfortunately, most patients do not understand what the shoulder replacement procedure entails.

Shoulder replacement surgery, or Total Shoulder Arthroplasty (TSA), is performed when the shoulder joint becomes nonfunctional and/or severely limited by pain. This pain is generally caused by osteoarthritis or rheumatoid arthritis of the glenohumeral joint. There are occasions when shoulder replacement surgery is performed due to trauma, such as a severe fracture of the humerus and/or the glenoid bones that make up the shoulder joint.

The humerus bone is the upper arm bone. The top end of the humerus is shaped like a "ball". It fits into the glenoid, or "socket", that is part of the scapula, or shoulder blade. The "ball" fits into the "socket", which is shaped like a "cup". It is a very unstable joint and is therefore very prone to injury and "wearing out".

When a total shoulder replacement surgery is performed the "ball" and the "socket" parts of the shoulder are "replaced". A "total" replacement means that both parts are replaced. Very rarely, although possible, a "partial" replacement could be performed. This would be when either the "ball" or the "socket" would be replaced. A metal ball is used to replace the humeral head while a polyethylene cup becomes the replacement part for the glenoid socket. The worn-out parts of the shoulder, the humeral head and the glenoid, are removed and replaced with a metal head and a polyethylene socket.

Generally the muscles remain functional, to a point, and a good outcome is no pain and a functional return of movement in the shoulder. Often times "full" motion is not restored. But the motion that is restored is not functionally limiting. Most activities are gained. It is not expected to return to competitive sports that involve throwing. A return to sports such as golfing is expected.

Recently, there has been an increase in "Reverse" total shoulder replacements. In a "reverse" shoulder replacement, the replacement parts are actually reversed in their position in the shoulder. The "ball" is placed on the scapula and the "socket" is attached to the top of the humerus. Hence, the terms "reverse" shoulder replacement.

A "reverse" shoulder replacement is performed when the rotator cuff muscles of the shoulder are not working correctly. This can be a result of a tear of the rotator cuff or some sort of injury that interrupts how the rotator cuff functions. In a "reverse" shoulder replacement the deltoid muscle of the shoulder is able to compensate for the function of the rotator cuff and elevate the arm. This is most often seen in the elderly or with trauma to the shoulder that affects the rotator cuff muscle.

Total shoulder replacement, or total shoulder arthroplasty, and reverse shoulder replacement are becoming more and more prevalent. Physical therapy is the most important component of successful surgery. The physical therapist will help you learn specific exercises and how to continue them after your hospital stay at home.

Shoulder Replacement Surgery (cont.)

You will also be given written instructions upon your discharge. These exercises are fairly simple and require only a short amount of time.

A successful outcome to your total shoulder joint replacement depends heavily on the meticulous performance of your exercises. Through this structured exercise program, your muscles will be methodically and progressively stretched and strengthened over one year's time. The desired effect is the optimal function of your new total shoulder replacement.

When a surgeon recommends that you have shoulder replacement surgery, please don't hesitate to ask your surgeon for your best surgical option and how many surgeries he/she has performed. Remember, you do have a choice in your surgical options and you have a choice in where you receive physical therapy. With over 25 years of experience Robinson Physical Therapy & Health Center is your best option. Please call 412-787-8616 to schedule an appointment.

Core muscles



"Core muscle" is a common phrase these days. But what really are the "core" muscles and why are they so important?

The core muscles are not just your abdominal muscles, but consist of numerous muscles that act to stabilize the spine, pelvis, and run the length of the torso. These muscles also stabilize the shoulder girdle and help to control movement, or the transfer of energy as body weight is shifted. They act to stabilize the spine in anticipation of movement of your extremities, and provide a stable platform for sports movement.

Emily Marino,
MPT

Core muscles improve balance and provide stability. When the muscles of the pelvis, low back, hips, and abdominals are trained to work in harmony, they improve balance. Strong core muscles also reduce back pain. A weak core means poor posture, a strong core means less strain on your back.

A strong core can improve athletic performance. All powerful movements originate from the center of the body and a strong core allows the transfer of power to the arms and legs quickly, and efficiently.

A strong core also improves postural imbalance and reduces the risk of injuries. With a weak core, other muscles and ligaments must take up the slack making you more susceptible to injuries.

How then should you strengthen your core? The easiest way is to perform abdominal bracing exercises. By pulling your navel back to your spine and breathing evenly at the same time. This contracts your abs while correcting your posture. Do this properly during movement, and you can strengthen your core throughout the day. Other core exercises include the plank, bridges, crunches, quadruped (positioning your body on "all fours"), and balancing on a fitness ball during exercises.

Body position and alignment are crucial for core exercises. However, core exercises are only one part of a complete fitness routine. Aerobic and flexibility training need to be included for total fitness. Help from a trained professional such as a Physical Therapist can ensure this. If you have any questions, comments, or would like help with any type of rehabilitation or personal training, please give us a call or stop in! We are always here to help!

It's Not a Health Food Thing



So what diet are you on now? Low carbohydrate, low calorie, south beach, cabbage soup, low protein, Adkins, grapefruit, eating 6 to 7 small meals? How many times have you stopped and started again, with little or no results? Or have you regressed and put on weight and just disgusted and quit trying or even caring? While these diets work for some and have their place for other health benefits you may need to change your thinking to a more healthy way of eating and mindset. Not just eating healthy foods, but a change in the way you look at eating.

Michael Smith, BSEP Let me share with you 7 quick tips that will not only help you loose weight, but can also be practiced as part of a healthier lifestyle:

1. Start with exercise. A healthy diet is built on a base of regular exercise, which keeps calories in balance and weight in check. Stay active. What you eat you must burn off in exercise/activity or it will be stored as fat.

2. Focus on food, not grams. The Healthy Eating Plate does not worry about specific servings or grams of food, so neither should you. It's a simple to eat when you eat. Eat in moderation and couple it with vigor-

3. Go with more plants. Eating healthier. Choose plenty of healthy fats, like olive and canola

4. Cut way back on "American" meat, refined grains, potatoes, all part of our culture, but in excess would be defined as diet rich in non-starchy vegetables as meat, fish and poultry are

5. Take a multivitamin and have vitamin can be a good nutrition place vitamins and minerals that a diet high in processed foods. A thing that comes in a sealed package or can. Having the occasional drink for many can have real health benefits. Research shows that a glass of red wine or even grape juice has many health benefits, but it is not for everyone. Those who do not drink should not feel that they need to start.

6. Portion control. Do you really need that second helping? Watch oversized portions, even on "good foods". Eating too many fruits, for example, can increase your sugar levels and excess sugars are stored as fat. Enjoy your food, whatever it is, just eat less.

7. Drink water. The rule of thumb is that 2/3 of your body is made up of water, but the function of water in the body goes well beyond that. Water transports nutrients and oxygen to cells, helps with metabolism, regulates body temperature, protects and lubricates joints and aids in healthy weight management.

Stop looking at food as bad and start eating the right way. These are the keys to weight loss and maintaining a healthy lifestyle. As always feel free to contact me at michaelsmith@robinsonpt.com or feel free to call at 412 787 8616.



and general guide to teach you how to eat in moderation; there are no bad foods. As long as you eat in moderation and couple it with vigorous exercise you will be fine.

a plant-based diet leads to being staples. Red meat and processed sugary drinks and salty snacks are really unhealthy more than twice a week). Go with vegetables, fruits and whole grains. And as your best choices.

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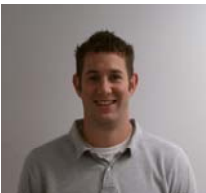
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WE CARE FOR YOU!!!

Introducing Eric Cullen, PTA



**Eric Cullen,
PTA**

Hello my name is Eric Cullen and I have just joined the Robinson Physical Therapy and Health Center team. Originally I am from Greenville, PA, however I was raised in Hermitage, PA, which is about an hour north of here. I graduated from Hickory High School, lettering in both baseball and golf.

After my high school graduation I went on to play golf and study at Mercyhurst NE, a small junior college 20 minutes north of Erie. I lettered 2 years of golf at Mercyhurst NE and graduated with an Associates Degree as a Physical Therapist Assistant.

Upon graduating from Mercyhurst, I took a year off to study for my boards and worked in Sharon Regional Health Systems file room. I passed the PA State board of Physical Therapy in February of 2007 and started working as a Physical Therapist Assistant (PTA) in March of 2007. My job experience includes TMS Physical Therapy in Grove City, PA Cool Springs Physical Therapy in Mercer, PA, and Indiana Total Therapy (ITT) Homer City in Homer City, PA. Working for these facilities gave me the ability to expand my skills in the areas of outpatient aquatic and orthopedic physical therapy.

I arrived at Robinson Physical Therapy and Health Center in June 2011 after my girlfriend and I decided to move to the Pittsburgh area. It is here that I intend to further my skills in outpatient orthopedic and aquatic physical therapy in hopes of helping the people in the Robinson Twp. and surrounding communities. I look forward to meeting all of you on your path to recovery.