

# ROTATOR CUFF THERAPY

A CASE REPORT + SUCCESSFUL PATIENT OUTCOME



CARE INSIGHTS

COURTESY OF THE SHOULDER AND ROTATOR CUFF SPECIALISTS AT



Mobile Therapy Services



## MEET JUDY.

Judy S. was a 72 year old female with **acute onset of right shoulder pain that started while shoveling snow** in December of 2020. In the months following the immediate onset of pain, Judy's condition was not improving.

In May of 2021, she was referred to Mobile Therapy Services for evaluation and care.

Judy complained of severe pain with an active range of motion when using her arm. She also noted an inability to use her arm for simple activities of daily living (ADL) and recreational activities. **No imaging — aside from the diagnostic musculoskeletal ultrasound by Charles Stevens DPT, CLT — was performed.**

# SUMMARY OF PHYSICAL THERAPY PROGRAM AND RESULTS

The patient underwent 29 physical therapy sessions over the course of 3 months.

Techniques included:

- Class IV Laser
- Manual therapy techniques
- Prescriptive, stability exercises for the postural, rotator and scapular muscles



After completing her course of treatment, Judy's pain was decreased significantly and her grip strength in her right shoulder increased by 30%. She has comfortably returned to all activities of daily living in her home and community without restriction.

## WHY DID WE USE MUSCULOSKELETAL ULTRASOUND IN JUDY'S CARE PLAN?

Musculoskeletal ultrasound is a unique tool that allows for imaging in "real-time." Seeing impingement syndromes of the shoulder, meniscal tears of the knee, and other common orthopedic issues can be beneficial.

**Musculoskeletal ultrasound is pain-free, uses sound waves, and does not produce radiation.**

Musculoskeletal ultrasound allows for comfortable patient positioning and movement during the imaging and is **1/17th the cost of an MRI** — it's considered the new "stethoscope of the 21st century".

## DIAGNOSTIC MUSCULOSKELETAL IMAGING CAN HELP WITH:

Golfer's Elbow | Tennis Elbow | Achilles Tendonitis | Meniscal Tears  
Plantar Fasciitis | Ankle, Knee, and Hip Pain | Bursitis | Nerve Entrapments

## Evaluation Objective Measurements

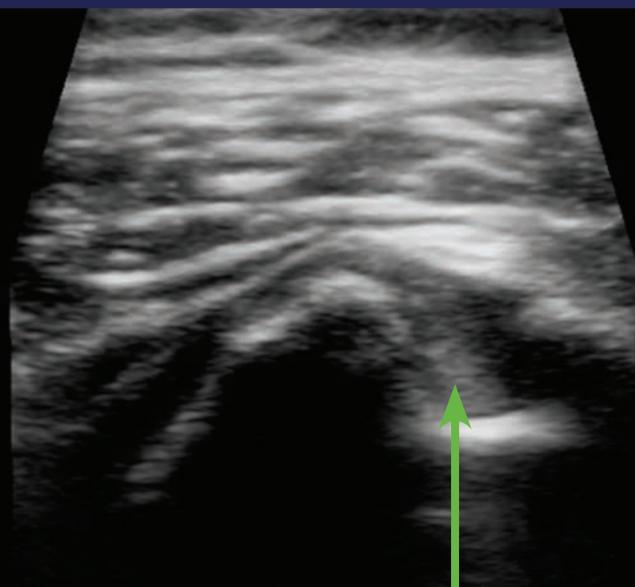
Pain in right shoulder: **6/10** | Grip strength of right shoulder: **42 LBS.**

Right shoulder manual muscle test: **3+/5 WITH PAIN** with flexion/internal rotation + Speed's Test and belly press test on right shoulder.

### DIAGNOSTIC MUSCULOSKELETAL ULTRASOUND

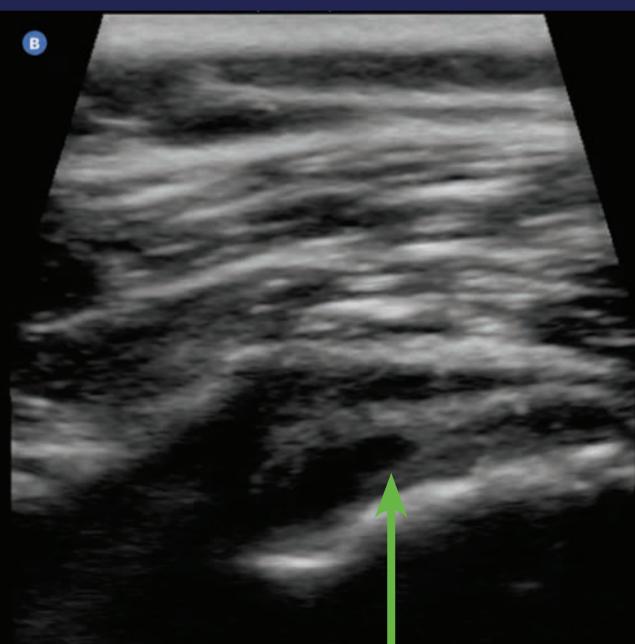
**DAY 1 | MAY 21, 2021**

#### RIGHT SHOULDER PROXIMAL BICEP TENDON



Bicep Tendon with Surrounding Fluid

#### RIGHT SUBSCAPULARIS TENDON



Right Subscapularis Tendon

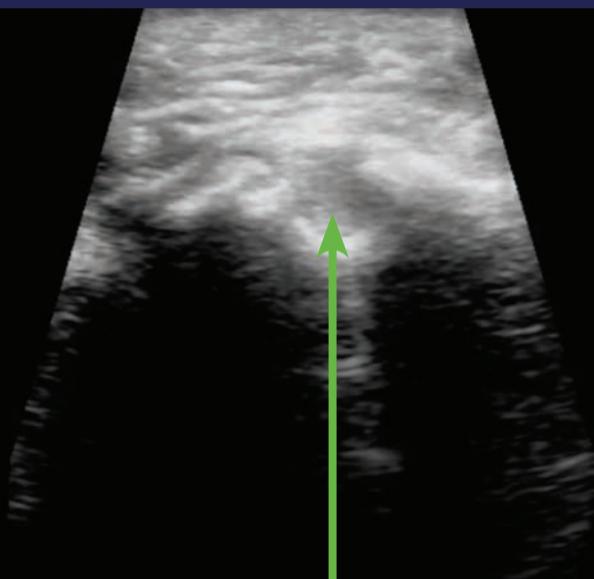
## Evaluation Objective Measurements

Pain in right shoulder: **1/10 [5 POINT DECREASE]** | Grip strength of right shoulder: **55 LBS. [13 LB. / 30% INCREASE]**

Right shoulder manual muscle test: **4+/5 WITH ONLY MILD DISCOMFORT [NO PAIN]** noted with internal rotation. Patient now able to comfortably return to all activities of daily living in the home and community without restriction.

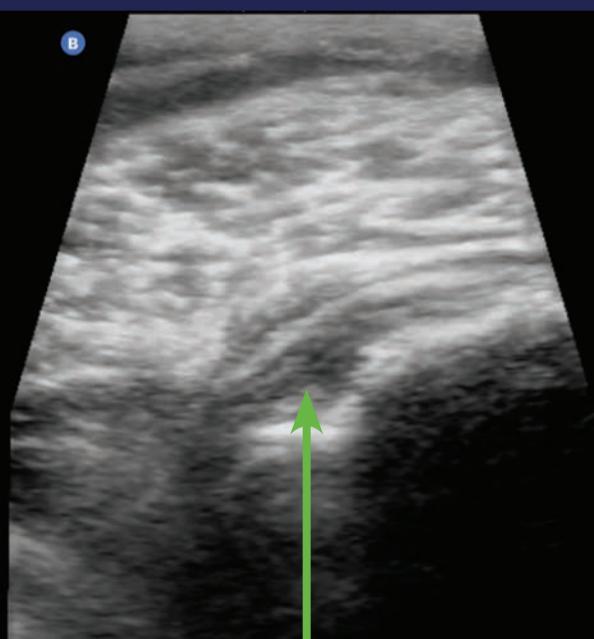
# DIAGNOSTIC MUSCULOSKELETAL ULTRASOUND DAY OF DISCHARGE | AUGUST 4, 2021

## RIGHT SHOULDER PROXIMAL BICEP TENDON



Bicep Tendon with Less Surrounding Fluid

## RIGHT SUBSCAPULARIS TENDON



Right Subscapularis after Physical Therapy

You do not need to accept pain or discomfort as a part of your life.

# LET US HELP.

The Mobile Therapy Services team has helped hundreds of patients return to activities they love such as walking, golfing, gardening — even running after their grandkids.





Contact us at **570.282.9382** for a Free Discovery Visit



You do not need a referral from your doctor to start a hands-on physical therapy program and/or use diagnostic musculoskeletal ultrasound and movement to improve your life.

There is hope to getting back to normal naturally without unnecessary medications, injections or surgery.

Let's explore how the Mobile Therapy Services team can help.

## DON'T WAIT.

Call 570.282.9382  
and schedule your free discovery visit today.

Outpatient Therapy Under Medicare Part B:

- ONLY need a prescription
- Patients do NOT need to be homebound and do NOT need a face-to-face encounter with a physician

Learn more about us and read patient success stories at:  
[MobileTherapyServicesNEPA.com](http://MobileTherapyServicesNEPA.com).



### ABOUT THE PROVIDER:

## Dr. Charles Stevens DPT, CLT

Doctor of Physical Therapy, Certified Lymphedema Therapist, and Owner of Mobile Therapy Services

Dr. Stevens earned his doctorate in physical therapy from Misericordia University. He has worked in varying settings throughout his career, including inpatient rehabilitation, skilled nursing facilities, and outpatient therapy. From a young age had a passion for exercise and helping others. Currently, he is the organist and director of music at St. John the Evangelist in Pittston, and he enjoys lifting weights, playing the organ, piano, and accordion. In his spare time, he enjoys spending time with his girlfriend and German shepherd.

### ABOUT MOBILE THERAPY SERVICES:

Our team provides a wide range of therapeutic services in Luzerne and Lackawanna Counties, helping patients in private homes, assisted living buildings, adult day care centers, personal care homes, and senior high-rises. We are currently welcoming new patients at our newly renovated clinic, 27 Main Street, Dallas.



Mobile Therapy Services

Contact us at 570.282.9382 for a Free Discovery Visit | [www.MobileTherapyServicesNEPA.com](http://www.MobileTherapyServicesNEPA.com)

