

Who We Are



Joan Ward, PT
Physical Therapist/President

Joan received her Masters of Science in Physical Therapy from the University of Wisconsin and specializes in shoulder rehabilitation with an emphasis on frozen shoulder syndrome. She has over **100 hours of specialized training** for advanced shoulder treatment and examination.

She is a Certified Clinical Instructor by the American Physical Therapy Association and has been a member since 1999.

Joan lives with her husband and two children in Wabasha and can be found fishing the river during her spare time.

How Much it Costs

Depending on the complexity of your condition, typical treatments can vary between \$40 to \$120 per visit. We accept most insurance plans, as well as personal injury and motor vehicle accident cases. Cash paying patients can take advantage of our 30% "immediate pay" discount and payment plans are available for those who qualify. Don't put it off any longer, call now 1-800-287-0171 .

Free Self-Help Tips Inside!

Shoulder Pain Relief

It doesn't matter if your pain and problem is chronic or brand new, our procedures bring fast results!

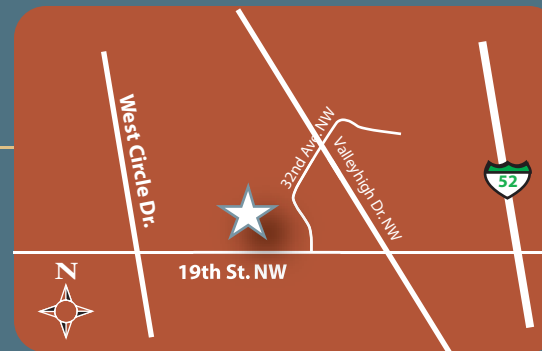
Don't wait any longer, call now and get a free consultation!

Free Self-Help Tips Inside!



Affordable, State-of-the-Art Treatment Program

ActivePT
Specialized Physical Therapy



Shoulder Pain Relief

It doesn't matter if your pain and problem is chronic or brand new, our procedures bring fast results! If you or your loved one has shoulder pain that is interfering with life, now is the time to act.

Active PT - Specialized Physical Therapy
3265 19th Street NW
Rochester, MN 55901
1-800-287-0171
(612) 783-8877 fax

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Common Causes of Pain

Shoulder pain can stem from many different causes. **Trauma** from an accident or injury should be addressed immediately to prevent long-term problems and compensation.

Shoulder pain that comes on for **no reason** (common between the ages of 40-60) can be a bit more complicated and requires immediate attention. If left untreated for too long, arthritis and bone spurs can develop. In some cases, micro-tearing of the rotator cuff occurs resulting in more pain and even possible surgery. Sometimes, "frozen shoulder" develops and loss of motion and function can be severely limiting.

The STOP™ Shoulder Pain Program was developed to help when shoulder pain has not resolved in two weeks or has not improved with other treatment. We specialize in shoulder disorders and offer advanced treatment and examination care.



The Solution

The program includes an examination of your shoulder and surrounding joints and up to six weeks of treatment. It gives you the pain relief and tools necessary to get you back to those activities you were once able to do. We also provide you with a **free ice pack** specially made for your shoulder to help make icing on your own more easy and convenient.

Most feel pain relief the very first visit and improved ability to lift and reach in the first week. Those who are losing sleep because of shoulder pain often start sleeping without pain within two weeks.

If you, or your loved one, has shoulder pain that is interfering with their life, now is the time to act. **Seek treatment** if pain has lasted more than two weeks without improvement. Be wary of medical professionals that do not thoroughly examine the shoulder and surrounding joints (neck, back, elbow and wrist), because shoulder pain can often be caused from other areas. If the treatment you have received until now has not helped, don't give up. Our program has helped many just like you and it doesn't involve medication, invasive procedures or surgery. We are specialists that offer advanced treatment, understanding and care. Call us today!



Self-Help Tips

If you experience shoulder pain due to an injury, or even if it comes on for no reason, start applying the RICE principle immediately. **RICE stands for rest, ice, compress and elevate.**

Rest the shoulder so that you don't cause further damage. Only move your shoulder in ways that don't cause more pain.

Ice is important as it prevents swelling from coming into the painful area. You should ice immediately after the pain begins and at least four times per day for the next two days. Icing before bed time can also help you sleep better.

Compression in the first one to two days after an injury helps to keep excess swelling from occurring.

Elevate your shoulder by keeping the elbow supported during sitting and driving. This eases the pressure and strain to the injured tendons and joints.

Tips to ice safely and effectively:

- Ice stops new swelling from entering an area, but does not effectively get rid of old swelling, so apply ice immediately after the pain starts or anytime you irritate the pain.
- A bag of ice cubes can be applied directly on the skin, but a gel pack should not. Place a thin t-shirt between the gel pack and your skin.
- To prevent frost bite, remove the ice or gel pack when your skin first begins to feel numb.
- Anyone with poor circulation or diabetes should be especially careful when icing because the risk of skin damage is much greater.

Take action today to prevent future problems or the need for surgery. Learn how to stop the pain today, call ActivePT at 1-800-287-0171 and ask about the STOP Shoulder Pain Program, or go to www.activeptandsports.com for more information.

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Specialized Physical Therapy

800-287-0171

Be Wary of...

- Therapists/doctors who do not physically examine your shoulder, elbow, wrist, back and neck before determining proper treatment.
- Treatment for more than one week without improved pain relief and flexibility.
- Using heat/ice if you are diabetic or have poor circulation without special instructions.