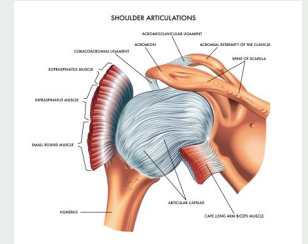




Loudoun Sports Therapy Center
The Leader in Physical Therapy

Shoulder Injuries

Shoulder pain and weakness are some of the most common reasons people seek help from a medical professional. The design of the shoulder as a ball and socket joint whereas the rounded head of the humerus articulates with the cup-like depression of the scapula giving it a wide degree of movement is why the shoulder is so commonly injured. This joint is held together by an extensive group of muscles and ligaments that can be weakened by certain types of repetitive forces. Most of the problems of the shoulder involve the muscles, tendons and ligaments rather than bones. Athletes are more susceptible to shoulder injuries due to excessive repetitive overhead training although over time we are all susceptible to shoulder injuries from everyday tasks.

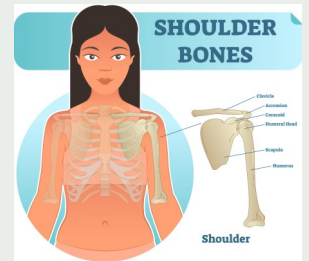


Rotator Cuff Tears:

A rotator cuff tear occurs when the muscle or tendon is torn whether partial or full thickness. The role of the rotator cuff is to keep the ball of your upper arm bone (humerus) safely within the shallow shoulder socket of the shoulder. The RTC is a group of 4 muscles and tendons that surround the joint to control movement and stability of the joint. People that perform repetitive overhead activity in their sport or job are more susceptible to injury.

Dislocated Shoulder/Shoulder Instability

This is a condition in which the upper part of the bone pops/slides out of its socket. Often times when ligaments, tendons and muscles become loosened or more commonly weakened the unstable shoulder is more susceptible to injury.



Shoulder impingement/Rotator Cuff Tendinitis

Both athletes and middle aged people experience symptoms often again from repetitive movements most likely due to poor postural positioning or a change in the mechanics of an overhead movement due to muscular fatigue.

Happy National Athletic Training Month!



Our Certified Athletic Trainers play a crucial role in your plan of care, here at LSTC!
What are Certified Athletic Trainers?

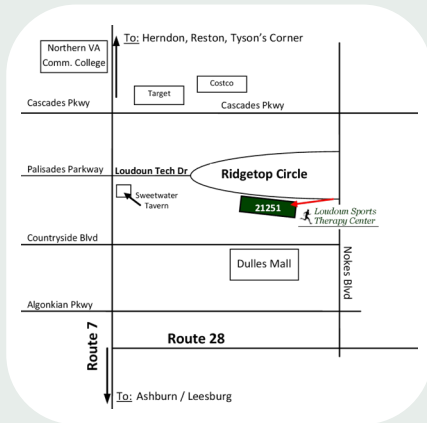
Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

Success Stories



"I'm happy because I finally feel good again, I liked every moment of being here and everyone here was helpful and very kind. I've gotten better at doing everything and it's also gotten a lot easier thanks to LSTC." ~ Sarah J.

"I had neck pain during long driving times and extended time at the computer. After my sessions with LSTC my posture has improved and The pain is gone." ~ Don W.



Like and follow us on our channels to keep up to date with our latest videos, blogs, and events!

Scan to Schedule an Evaluation!



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We LOVE referrals!

Refer someone to LSTC for physical therapy!
When they come in for care and they tell us you referred them, we will enter you into our drawing for a gift card!