

Dutch Physical Therapy Services Summary

Symptoms/Complaints/
Diagnosis

Health Concern	Possible Causes	Common Symptoms	Physical Therapy Treatments
Osteo-Arthritis	Repetitive injury Aging Wear and tear Physical trauma	Stiffness Swelling Intermittent joint pain Loss of motion and flexibility	Hands on manual therapy and or massage, development of an exercise program to minimize arthritis related pain and to improve range of motion during daily activities Progressive loading of injured joints
Tendinitis or Tendinosis	Aging Repetitive injury Physical trauma	Stiffness Pain or soreness with movement Swelling Brittle or torn tendons	Functional evaluations to identify and correct repetitive motions and awkward positioning. Exercises and posture education to correct faulty movements Progressive loading of injured tendons
Bursitis	Repetitive injury Wear and tear Physical trauma	Inflammation of the bursa or fluid sack that cushions the joints and tendons	Modalities: ice or heat, ultra sound, e-stim, etc. Hands on manual therapy and or massage Active recovery techniques and exercises
Rotator Cuff tear or injury	Physical trauma or Injury Repetitive motions Unbalanced movements	Slight to severe pain with movement Swelling Weakened Muscles	Hands on manual therapy and or massage Modalities: ice or heat, ultrasound, e-stim, etc. Posture correction exercises Specific strengthening program
Fractures or Injury	Physical trauma Repetitive strain Awkward or unbalanced movements	Slight to severe pain with movement Swelling Weakened muscles	Hands on manual therapy and or massage Development of an exercise program to minimize pain and to improve range of motion during daily activities

Shoulder Pain



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Shoulder pain can often limit our abilities to perform the daily movements necessary to function in life. Dutch Physical Therapy can help to minimize your pain and prevent further injuries to your shoulders.