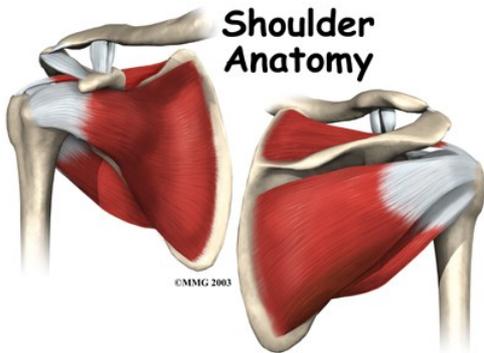


Introduction to Shoulder Issues

Physical therapy in Upper Marlboro, Largo, Prince George's County for Shoulder

Welcome to the Physical & Sports Rehab's resource about shoulder issues.



A shoulder injury can happen in any sport, and shoulder pain can be brought on from something as simple as sleeping in the wrong position. Whether you have damaged your rotator cuff because you were a little too overzealous at touch football with your friends on Sunday, or you are sore from trying to weed the garden and paint the garage in one afternoon, this is the part of our website that we have designed with you in mind.

It is our aim to provide you with the information and tools to help you recover from a shoulder injury and to prevent future injuries from occurring.

When you have proper information about how to stay healthy, you will find that your playtime will be more rewarding, your sleep will be more sound and your daily grind won't wear you down.

Click on a link below to learn more about:

- [Shoulder Anatomy](#)
- [Shoulder Issues](#)
- [FAQs](#)
- [Surgery](#)

Hear from some of our patients who we treated for **Shoulder Pain**

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“ As a fitness instructor, I don't listen to my body and #34;push through#34; quite regularly. This establishment, particularly Renee Riley (Therapist there) has always nursed me back to health. I... ”

“ As a fitness instructor, I don't listen to my body and #34;push through#34; quite regularly. This establishment, particularly Renee Riley (Therapist there) has always nursed me back to health. I have come to Physical and Sports Rehab for my shoulder, for my hip and strained back. Each time, they have employed methods that did not involve drugs or surgery. My first encounter was with Paul (who is the owner) who helped me understand my injury after conferring with a sport medicine specialist who did not explain

ANYTHING. After Paul I had Renee and I insisted on her going forward. The rehabilitation offered was EXCELLENT. They gave me honest feedback, great rehab weekly and exercises to do at home to continue strengthening the weak parts of my body. I think my case was special as I am a group exercise instructor who did not want to give up working out. Renee definitely listened to me and came up with a plan that allowed me to continue teaching but gave room for the techniques and methods to work. I appreciate her so much for that. I highly recommend this business to anyone and they are now my Physical Therapists on speed dial whenever I need one.. Highly recommended. Service is awesome. Convenient location and excellent staff. ”

Tamika J
Largo, MD
[View all yelp reviews](#)

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“ Amazing recovery. Amazing process. Amazing people. ”
“ Amazing recovery. Amazing process. Amazing people. ”

Himel R
Largo, MD
[View all google reviews](#)

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“ To the entire staff of Physical and Sports Rehab, Inc: Thank you for being so thoughtful. Thank you for all that you do for your patients you serve everyday. I am forever grateful to you for giving me... ”
“ To the entire staff of Physical and Sports Rehab, Inc: Thank you for being so thoughtful. Thank you for all that you do for your patients you serve everyday. I am forever grateful to you for giving me my life back! ”

Cathy M
Submitted on website directly

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