

# HEALTH

FEBRUARY 20, 1996

## The Shoulder

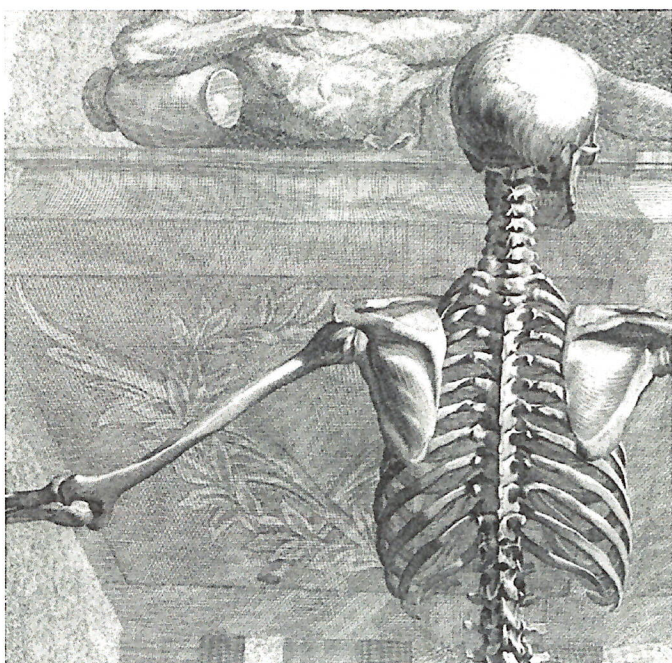


Image from "Albinus on Anatomy", Hale & Coyle, Dover Publications, 1988

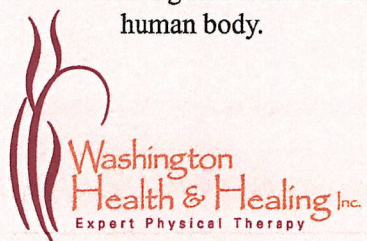
As a physical therapist, I was pleased to read "The Shoulder" [Cover, Feb. 6]. While it alluded to the importance of exercise, it should be noted that physical therapy is very important not only for traumatic injuries but also for nontraumatic injuries, those that tend to creep up without any clear cause.

Early intervention with physical therapy, especially for nontraumatic, chronic shoulder discomfort can often eliminate the need for steroids and prolonged pain medication. Nagging shoulder and sometimes related neck pain is often ignored. A simple regime of strengthening and stretching can prevent an acute tendonitis or sprain from developing into a more-difficult-to-treat chronic problem such as a "frozen shoulder."

Ultimately, this prevents premature arthritic changes in the shoulder joints.

*Gabrielle Czaja, Washington, DC*

Unique in her approach to patients, Gabrielle Czaja, MPT, mATI is one of Washington DC's leading physical therapists. Melding an eclectic, thorough, yet personalized approach to patients of all ages and illnesses/injuries, she employs the Alexander Technique, which focuses on restoring the body's capacity for flexibility, power and expressiveness. No stranger to athletic injuries, Czaja regards each patient with a genuine and individualized approach to the human body.



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