

STAFF SPOTLIGHT: JUSTEN KHO

"From my own personal experiences with injury, I have developed a deep passion and fascination for healthcare and specifically physical therapy. Learning to navigate healing and recovery is often not an easy task, but with proper guidance and help, it becomes much more manageable. Because physical therapy has shaped my life, I became a physical therapist to help others on their road to recovery. Whether that be from injury, surgery, or even those pains that seem to come from nowhere!

As a physical therapist, I understand that each individual has a unique life that consists of different responsibilities, different passions, and different goals. That is why I strive to provide outstanding care by tailoring my treatments to each individual's needs and goals. I strive to not only restore your physical ability, but also to restore your functional ability in order to get you back to the activities that you love and enjoy, no matter what those may be. From daily evening strolls to high-level competition sports, I will work with you and together, as a team, we will establish clear therapy goals to get you there. After all, what is life without being able to do what you love?"

- DPT: University of Southern California – Los Angeles, CA
- BS: Exercise Science, Brigham Young University – Provo, UT

As a physical therapist, Justen has a special interest in sports and athletic populations but also enjoys treating people from all walks of life! He has had training in movement analysis and will utilize modern technologies to video and analyze movements to identify and address underlying issues in day-to-day activities or sports performance. He is committed to providing quality care and evidence-based treatments for each patient. He also strives to educate each patient on their condition and treatment programs to allow patients to clearly understand the why and how of their recovery process.

Justen grew up in Pleasant Grove, Utah and now currently resides in Saratoga Springs. He enjoys spending time with his family, especially his wife and daughter, who was just born June 2021. Besides snuggling and playing with his new baby girl, he enjoys various outdoor activities and sports like hiking, camping, soccer, fishing, biking, pickleball, spikeball, volleyball, rock climbing, ping pong, and many others.



INSIDE:

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Shoulder Pain?**

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Relieve Pain In Minutes**



WHAT'S CAUSING YOUR SHOULDER PAIN?

Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pains, contact Beyond Limits Physical Therapy today!

Understanding your shoulder pain:

Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer

of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

Common conditions that may be causing your shoulder pain include:

- **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.

PHYSICAL THERAPY CAN ALLEVIATE YOUR PAIN AND IMPROVE YOUR FUNCTION

(Continued from outside.)

- **Torn cartilage.** When a cartilage tears, you may experience a number of painful symptoms. You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.
- **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.
- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.
- **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.
- **Frozen shoulder.** Medically referred to as "adhesive capsulitis," frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while. When you don't

have opportunities to exercise the shoulder, the tissues can stiffen up on you, thus causing this painful condition to occur.

Find effective shoulder pain relief today:

Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. It may also include any additional methods or modalities that your physical therapist deems fit, including ice and heat therapies, manual therapy, ultrasound, aquatic therapy, or electrical nerve stimulation.

There are a wide range of conditions that can be treated with the help of physical therapy. If you are living with shoulder pain, don't let it limit your life any longer!

FIND NATURAL, SAFE, AND EFFECTIVE RELIEF WITH BEYOND LIMITS PHYSICAL THERAPY TODAY!



SLOW-COOKER VEGETARIAN LASAGNA

INGREDIENTS

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach, coarsely chopped
- 3 large portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella

DIRECTIONS

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: <http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/>



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1. Open your smart phone to the camera app
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Relieve Pain In Minutes

Try this movement if you are in pain.

Good stretch to relax the shoulder and upper back muscles

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SOFT TISSUE RELEASE

Take a sock (or towel) and a tennis ball to perform this exercise. Place the tennis ball in the sock. Drape the sock over your shoulder so the tennis ball is against your upper back in a place where you have a tight muscle or localized pain. Now, lean against the wall so the ball presses directly on the affected area. Apply as much pressure as you can tolerate and so you can breathe comfortably. Hold it against that spot for 30 seconds to 2 minutes, or until the pain dissipates. You can roll your back up and down and side to side against the wall to create a self massage effect.



Patient Success Spotlight

"We love the staff, the aides and especially the physical therapists!"

"My daughter is currently being treated at Beyond Limits Physical Therapy in South Jordan for a knee injury she sustained doing tumbling. They have helped her to be able to continue in the sport she loves! I, myself, have also been going there for treatment on my elbow. They have treated me both before and after my surgery. My husband has also been there for treatment on his neck. He recently had to have surgery and will be going in for treatments when released by the doctor. We love Beyond Limits Physical Therapy. We love the staff, the aides and especially the physical therapists!" **-A.E.**

15 MINUTE PHYSICAL THERAPY

FREE CONSULTATION

BIG DEAL

** consultations do not involve a physical therapy evaluation or treatment.*

Suffering from aches and pains? Give us a call to schedule an appointment today!

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