



**EARN A FREE
LASER TREATMENT**

Details Inside!

PERSISTENT SHOULDER PROBLEMS? DON'T LET YOUR POSTURE PAIN YOU

Do you have a daily struggle with your shoulders? Do normal tasks, such as sitting at your desk, bending down to grab a fallen item, or standing to cook dinner, cause a flaring pain between your blades or in the tissues between your shoulders and neck? Chances are, this discomfort could be due to your posture.

(Read more inside...)

optimumphysiotherapies.com

INSIDE

**PERSISTENT SHOULDER PROBLEMS?
DON'T LET YOUR POSTURE PAIN YOU**

COMMON POSTURE ERRORS

SONIA'S CORNER



NEWSLETTER

PERSISTENT SHOULDER PROBLEMS? DON'T LET YOUR POSTURE PAIN YOU

INSIDE:

- Common Posture Errors
- Don't Miss Out On Our Monthly Webinars!

- Monthly Coupon
- Sonia's Corner

If you believe your stance could be contributing to your shoulder pain, call Optimum Physio Therapies to schedule an appointment and discuss your treatment options.

HOW DOES IMPROPER POSTURE AFFECT THE SHOULDERS?

Shoulders are a common pain area for poor posture. When we slouch, hunch, or lean forward too much, our muscles and tendons are being pulled in ways that they are not used to, thus causing inflammation and pain. The shoulders take the brunt of this pull, making them a common area of complaint. Many patients who seek out physical therapy for their shoulder pain have a condition referred to as "shoulder impingement." This happens when your rotator cuff tendons press on your "coracoacromial arch," or the arch of your shoulder. When this happens, you may experience pain when sleeping in certain positions, reaching for something, or moving your shoulder in circular motions. **Poor posture is the most common cause of shoulder impingement, but other causes could be related to:**

- Osteoarthritis
- General weakness in the shoulder
- Compression, due to trauma
- Repetitive reaching movements

COMMON POSTURE ERRORS:

Left untreated, poor posture in the shoulders can lead to long-term effects, such as tendinitis, nerve constriction, or even spine misalignment. Posture is also a contributing factor to kyphosis, or "postural hunchback," in which the shoulders and neck become abnormally curved. Some common errors in posture (and how to fix them) are:

1. **Slouching in a chair.** – It is so simple to do, and we all do it. We're sitting at work, and around hour 4 we get tired. We slouch. We make ourselves comfortable – and we may even stay like that for the rest of the day. However, slouching in a chair is a bad habit to get into, especially if you work at a desk job. The strain increases tension on the muscles, which will eventually cause pain. The best way to avoid this is to get into the habit of sitting correctly (upright, legs uncrossed, feet flat on the ground, legs a few inches away from seat of the chair) every day. This may not be easy at first, as your body may not be accustomed to the way it is supposed to sit. Try out some of these exercises to help correct your slumped stance and strengthen your natural posture:

- Bridges
- Back extensions
- Planks

[Read More Inside!](#)

Get Moving Today with Optimum Physio Therapies!
optimumphysiotherapies.com

COMMON POSTURE ERRORS

(CONTINUED FROM OUTSIDE)

2. **“Text neck.”** – The term “text neck” is colloquial; however, it describes a position in which the head is tilted downward and the shoulders are hunched over (as if someone was looking down at a phone screen and texting.) This is also commonplace in desk jobs, as many people will experience “text neck” when hunching over their keyboards or sorting through files. This could be a sign of a tight chest and weak upper back, and over time this posture could worsen into rounded or hunched shoulders. **Some exercises to help correct your “text neck,” and strengthen your upper back and shoulders are:**

- Chest stretches
- Pull-ups
- Seated rows

3. **Rounded shoulders.** – This type of posture error is also colloquially referred to as “mom posture.” It is caused when the shoulders are rounded forward, instead of back, and the head and chest are slouched forward. To figure out if you have a “mom posture” stance, stand in front of a mirror and let your arms hang naturally. If your knuckles face more toward the front, instead of to the sides, you may have rounded shoulders. Daily tasks that may contribute to this are bending down repeatedly throughout the day (much like a mom does to pick up a toddler or clean up their toys), sitting for prolonged periods of time, carrying heavy objects, driving a vehicle, or using a computer. **Some**

exercises you can do to strengthen your shoulders and back, and correct this posture error are:

- Pull-ups
- Seated Rows
- Planks
- Bridges
- Chest stretches

HOW PHYSICAL THERAPY HELPS:

Our physical therapists at Optimum Physio Therapies are dedicated to helping you achieve your highest level of physical ability. Improper posture is a difficult habit to break, but our staff will use the most sophisticated diagnostic tools, from movement investigation to gait analysis, to determine the specific problem areas of your posture. We will then determine the best course of treatment for your needs, and we will assist you in the necessary exercises and therapies that will ease your body into its intended stance once again.

Don't let the weight of your shoulders hold you down – if you are experiencing shoulder pain, contact us today to set up a consultation. We'll get you victoriously waving your arms around in no time!

Sources: www.medicalnewstoday.com/articles/318556.php mayoclinichealthsystem.org/hometown-health/speaking-of-health/poor-posture-can-cause-shoulder-pain www.nhs.uk/live-well/exercise/common-posture-mistakes-and-fixes theconversation.com/health-check-can-bad-posture-give-you-a-hunchback-56068



Momma Sonia

**HAPPY
MOTHER'S
DAY FROM
OPTIMUM
PHYSIO
THERAPIES!**


OPTIMUMPHYSIO



Momma Pat

DON'T MISS OUT ON OUR MONTHLY WEBINARS!

Topics Include: Back Pain, Sciatica, & More!



Scan this QR Code using the camera app on your smart phone!



MONTHLY COUPON

ATTENTION PAST PATIENTS:

COME IN FOR FREE SCREEN OR SHARE THIS COUPON WITH FRIEND!

FREE SCREEN!



BRING IN 3 ITEMS TO DONATE AND GET 1 FREE LASER SESSION!

IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

KNOW A 2021 GRAD AND WANT TO RECOGNIZE THEM IN OUR NEWSLETTER?

Send us an email with their name to:

Staff@optimumphysiotherapies.com



HEAR AMY'S STORY!

"2 months ago, I was in a lot of pain my shoulder was unstable. I could not work or workout. I came to Optimum Physio trying to avoid shoulder surgery. Every single person I have worked with has been wonderful and inspiring. Thank you so much for giving me my life back." - Amy C.

SONIA'S CORNER

MINI CHEESY QUICHE BITES



INGREDIENTS:

- ½ cup oat bran
- 8 eggs
- 2 tablespoons of chopped spinach
- 2 tablespoons of chopped onion
- 2 tablespoons of chopped bell pepper

- ½ cup of almond milk
- Dash of pink Himalayan sea salt
- Dash of fresh cracked pepper
- 1 cup shredded organic sharp cheddar cheese
- Grass-fed butter



Courtesy of Sonia

INSTRUCTIONS:

Preheat oven to 350 degrees. With a paper towel, wipe the inside of the muffin cups with butter. Put about ½ tsp of oat bran at bottom of each cup and tap muffin pan to lightly coat sides of each muffin cup. Whisk eggs, spinach, bell pepper, onion, almond milk, sea salt, and pepper together until blended. Then stir in cheddar cheese. Spoon the mixture in the cups. Bake for 12 to 15 minutes or until firm. Serve warm.