

**DON'T MISS OUT
ON OUR MONTHLY
WEBINARS!**

Details Inside!

TREATMENTS FOR YOUR **NECK & SHOULDER PAIN**

A common problem treated in Physical Therapy clinics is neck pain combined with shoulder pain. People may experience shooting, numbing or tingling called radiculopathy into either arm, or pain traveling into the area behind the neck underneath the shoulder.

(Read more inside...)

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INSIDE

TREATMENTS FOR YOUR NECK & SHOULDER PAIN

NEW STAFF SPOTLIGHT

SONIA'S CORNER

TREATMENTS FOR YOUR **NECK** & **SHOULDER** **PAIN**

INSIDE:

- Follow Us On Social Media And Leave Us A Review On Google or Facebook!
- New Staff Spotlight

- Sonia's Corner
- And More!

Sometimes people in Texas call this area "La Nuca". So how does a physical therapist help? Well, as with all effective treatment, we go to the cause of the problem which leads to fast, effective relief for our patients.

A main cause of neck and shoulder pain is poor posture. The clients we treat work at a desk or computer for eight or more hours a day, or 2,000 hours per year. With time, his or her posture will break down resulting in a forward head, rounded shoulders, and a hump in the middle of the back, also known as "Jorobado". If things don't change, people may eventually experience changes in the neck bones, stiffness neck joints, overly tight neck muscles, shoulder blade muscle spasms and other permanent postural changes or El Jorobado.

POOR POSTURE CAUSES OTHER PROBLEMS

Poor postural habits change the way your arms rest on your back. This leads to something called injury of the rotator cuff muscles with one shoulder higher than the other.

TRY THIS YOURSELF:

1. Sit with good posture. Shoulder blades are pulled back and down. Low back is slightly arched. Eyes are looking forward and level. Chin is up. Raise your arms as high as you can. Usually you can raise your arms close to 160 degrees or near vertical.
2. Now sit with poor posture, typical of new clients we see on the first day of physical therapy. Slouch your low back. Round your shoulders forward. Let your chin and eyes drop

forward. Now try and raise your arms overhead. Most people will experience a 60 degree decrease in range of motion or more.

Thoracic Outlet Syndrome is the pinching of nerve roots of the arms, producing symptoms often mistaken for shoulder tendonitis, elbow tendonitis, nerve root pain or musculoskeletal pain of the neck and shoulder. A physical therapist who specializes in neck and back pain can easily tell you what your cause of pain is.

If you are truly suffering from both neck and shoulder pain and with shooting pain running down your arms, schedule an appointment with a doctor of physical therapy, who specializes neck and back pain.



My name is Dr. Mark De Anda;
I'm a physical therapist at
Optimum Physio Therapies!

If you call at (210) 314-6725 and schedule, I can confirm exactly what the cause of your pain is and I will also give you a written plan of exactly what a successful treatment looks like.

FOLLOW US ON SOCIAL MEDIA AND LEAVE US A REVIEW ON GOOGLE OR FACEBOOK!



GOOGLE



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NEW STAFF SPOTLIGHT

Aronid Fischer received her B.S. in Physiology from the Grand Canyon University in Phoenix, Arizona. After working in an outpatient sports clinic, she furthered her education by earning her Physical Therapy Assistant License from Concorde Career College in 2020. Since then, she has provided strength training and pain relief to both the very young and young at heart.

Most recently, life has brought her to San Antonio, where she enjoys our beautiful weather with her husband and two border collies. Outside of work, she enjoys hiking, eating, and riding roller coasters.



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Topics Include: Back Pain, Sciatica, & More!



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www.optimumphysiotherapies.com/workshops

WE PUT OUR CLINIC ON ITS OWN TREATMENT PLAN! COME SEE THE RENOVATIONS UNDERWAY!

WORK IN PROGRESS

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!



HEAR GINA'S STORY!

"The PT that was recommended by my doctor was a huge blessing. I have been suffering with upper neck, shoulder, and upper back pain for the past 6 years. Never thinking it was a potential pinched nerve, the stretches, exercises, and medical equipment Optimum Physio used on me over the last 3 months have made a significant impact on my posture, pain level is almost gone. I have much better mobility while turning my head too. The team here is very professional and friendly. I had a genuine feeling I was going to get better every time I came to a session. I am grateful to all of them, and Hiram has hands of gold! Thank you all!" - Gina H.



SONIA'S CORNER

LINGUINE STIR FRY

INGREDIENTS:

- 1lb tomatoes chopped
- 1 tbsp fresh basil chopped
- 2 garlic cloves, minced
- 2 tsp. pink Himalayan sea salt

- 1/3 cup of extra virgin olive oil
- 12 oz of linguine
- 3 baby zucchini, thinly sliced
- 1/4 cup freshly grated parmesan cheese



Courtesy of Sonia

INSTRUCTIONS:

In a large bowl, toss the tomatoes with the basil, garlic, sea salt and olive oil. In a large pot of boiling salted water, cook the linguine until al dente (soft, yet slightly firm): drain well, add linguine to the bowl along with the sliced zucchini and toss. Add 1/4 cup of grated cheese, toss again and serve in bowls.



WE'RE HIRING

THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**