



## A Comprehensive Look at How Posture Affects the Shoulder

COME BACK TO PT! CALL 828.630.9003 TO SCHEDULE YOUR APPOINTMENT TODAY

Shoulder pain is an all-too-common complaint, making routine activities like lifting, typing, and even sleeping difficult. It seems like every week we get a patient who comes to us with shoulder pain related to poor postural habits. A lot of people know the old song about how the foot bone is connected to the knee bone (and the knee bone is connected to the thigh bone and so on). In the world of physical therapy, we call this regional interdependence. This means something in one area of the body is affecting another area. As the song says: it's all connected.

Well, this is definitely true when it comes to the functioning of our shoulder joints. Poor postural habits and prolonged slumped postures put the shoulder in a vulnerable position, making it susceptible to pain or injury. The good news is our therapists at ELEVATE Physical Therapy have extensive training in identifying all the factors that are contributing to your shoulder pain and, most importantly, how to resolve them, one by one!

### HOW POSTURE IMPACTS THE SHOULDER

One significant factor contributing to shoulder pain is Upper Crossed Syndrome (UCS). This condition is characterized by postural changes that affect how the muscles of our upper back and shoulder girdle work, which in turn affects the normal movement patterns in the entire upper portion of the body.

### THE CLASSIC SIGNS OF UPPER CROSSED SYNDROME INCLUDE:

- **Forward head posture:** The head is positioned forward in relation to the shoulders.
- **Rounded shoulders:** The shoulders are rounded forward, causing the upper back to appear hunched.
- **Increased thoracic kyphosis:** The upper back has an increased curvature, leading to a rounded appearance.
- **Protracted shoulder blades:** The shoulder blades are positioned more forward and away from the spine.
- **Weak deep neck flexors:** The muscles at the front of the neck that help stabilize the head are weak.
- **Tight pectoral muscles:** The muscles in the chest area are tight and may contribute to the rounded shoulder posture.
- **Weak scapular stabilizers:** The muscles that stabilize the shoulder blades are weak, leading to altered movement patterns.

These issues often lead to shoulder pain, limited range of motion, and impaired muscle function. Although the signs are common in a lot of people, not everyone with these signs will have the same symptoms.

This is why it is essential to consult one of our physical therapists to identify your specific needs and design a tailored treatment plan that addresses your situation.

# The Role of Physical Therapy in Resolving Your Pain

COME BACK TO PHYSICAL THERAPY TODAY BY CALLING 828.630.9003

The first step to resolving your shoulder pain is a comprehensive evaluation. Our physical therapists will conduct a thorough history and physical exam that includes an assessment of your posture as well as the function of your shoulder blade musculature to identify any obvious changes to muscle activation and movement patterns.

Based on the assessment, our physical therapists will design tailored exercise regimens that address not only muscle length and strength but also neuromuscular factors. This could lead to more lasting relief and functional improvement.

Our team uses a functional approach that is rooted in neurology. We consider the interaction between your nervous systems, biomechanics of your spine and shoulder joints, as well as muscle function. This allows us to not only identify and address any imbalances in muscle length and strength but also from neuromuscular factors like muscle recruitment.

These exercises may include work on your spinal joint mobility and strengthening exercises to correct any postural dysfunctions contributing to your conditions. Our team spends a lot of time educating you about how you are holding and moving your body to ensure you have the tools to train your body in the proper movement patterns that help to correct imbalances and offer lasting relief.

## TAKE THE FIRST STEP TOWARDS LASTING RELIEF TODAY

If you're experiencing persistent shoulder pain, limited range of motion, or discomfort in your upper body, the time to act is now. These signs are not just distressing; they can have a long-term impact on your quality of life and overall well-being. Reach out to ELEVATE Physical Therapy today for a comprehensive assessment and personalized treatment plan designed to restore balance to your muscles, improve your posture, and, most importantly, alleviate your pain!

Sources: <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-020-4159-9> · <https://www.jospt.org/doi/10.2519/jospt.2020.0501> · <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>

## SERVICE SPOTLIGHT: MANUAL THERAPY

### *A Hands-On Approach to Pain Relief*

Are you suffering from pain as a result of injury, illness, or surgical procedure? If so, it is likely that you would benefit from manual physical therapy at ELEVATE Physical Therapy. We receive many first-time physical therapy patients who come in thinking their treatments will be painful, uncomfortable, or even agonizing due to the condition they are in. However, that is not the case at all! Our physical therapists use manual therapy techniques that are meant to relieve your pain, while simultaneously improving your body's function.

Our physical therapists are highly trained in diagnosing and treating movement disorders. These disorders often occur following surgery, especially if you have undergone total joint replacement. However, many physicians will also prescribe physical therapy treatments for injuries, accidents, or illnesses – essentially, anything that makes you feel weak and unable to function normally.



## OUR SERVICES

### *Get You Back Into Life!*

Our gentle, evidence-based treatments are used to relieve your pain, help you regain function, and aid in your post-surgical recovery.

#### **What can we help you with?**

- Joint Pain
- Neck & Back Pain
- Injury
- Arthritis
- Weakness
- Vertigo
- Dizziness
- Sciatica
- Falls
- Poor Balance
- Pre-Surgical & Post-Surgical Care



**OUR SERVICES ARE COVERED  
BY MEDICARE & ALL MAJOR  
INSURANCES**

**ELEVATEBREVARD.COM**



## GET IN TOUCH

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## CELEBRATING 10 YEARS

ELEVATE Physical Therapy is proud to serve our Brevard community and help our patients return to a high quality of life.

GETTING YOU BACK INTO LIFE! [ELEVATEBREVARD.COM](http://ELEVATEBREVARD.COM) | 828.630.9003

## SUCCESS STORIES

### *Our Patients Are Seeing Results*

"I am so pleased with ALL the staff at ELEVATE! They are well trained and know how to get you on the healthy path. I'm very impressed with everything they do. Keep up the excellent work." — P.S.



## OUR PRACTICE

### *We Are Here For You*

The team at ELEVATE Physical Therapy strives to be more than leaders in orthopedic physical therapy. We pride ourselves in enhancing the quality of life of our patients, employees, and the community. Our practice strives to treat each individual with integrity both in the clinic and throughout the community we serve.

At ELEVATE Physical Therapy, we have one mission: helping you reach your highest physical potential. Our treatment plans are aimed toward the achievement of your goals, taking into account your symptoms, medical history, and any health restrictions you may have.

We look forward to watching you achieve your recovery, health and fitness goals! With our care and commitment, we know that is possible for anyone who walks through our doors.



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# *Yummy Recipe: Spinach & Artichoke Frittata*

### INGREDIENTS:

- 10 large eggs
- 1/2 c full-fat sour cream
- 1 tbsp Dijon mustard
- 1 tsp kosher salt
- 1/4 tsp ground black pepper
- 1 cup grated Parmesan cheese
- 2 tbsp olive oil
- About 14 oz marinated artichoke hearts, drained, patted dry, and quartered
- 5 oz baby spinach
- 2 cloves garlic, minced

**DIRECTIONS:** Arrange a rack in the middle of the oven and heat to 400°F. Place the eggs, sour cream, mustard, salt, pepper and 1/2 cup of the Parmesan in a large bowl and whisk to combine; set aside. Heat the oil in a 10-in cast iron or oven-safe nonstick skillet over medium heat until shimmering. Add the artichokes in a single layer and cook, stirring occasionally, until lightly browned, 6 to 8 minutes. Add the spinach and garlic, and toss until the spinach is wilted and almost all of the liquid is evaporated, about 2 minutes. Spread everything into an even layer. Pour the egg mixture over the vegetables. Sprinkle with the remaining 1/2 cup Parmesan. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook undisturbed until the eggs at the edges of the pan begin to set, 2 to 3 min. Bake until the eggs are completely set, 12 to 15 min. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes. Cool in the pan for 5 min, then slice into wedges and serve warm.

