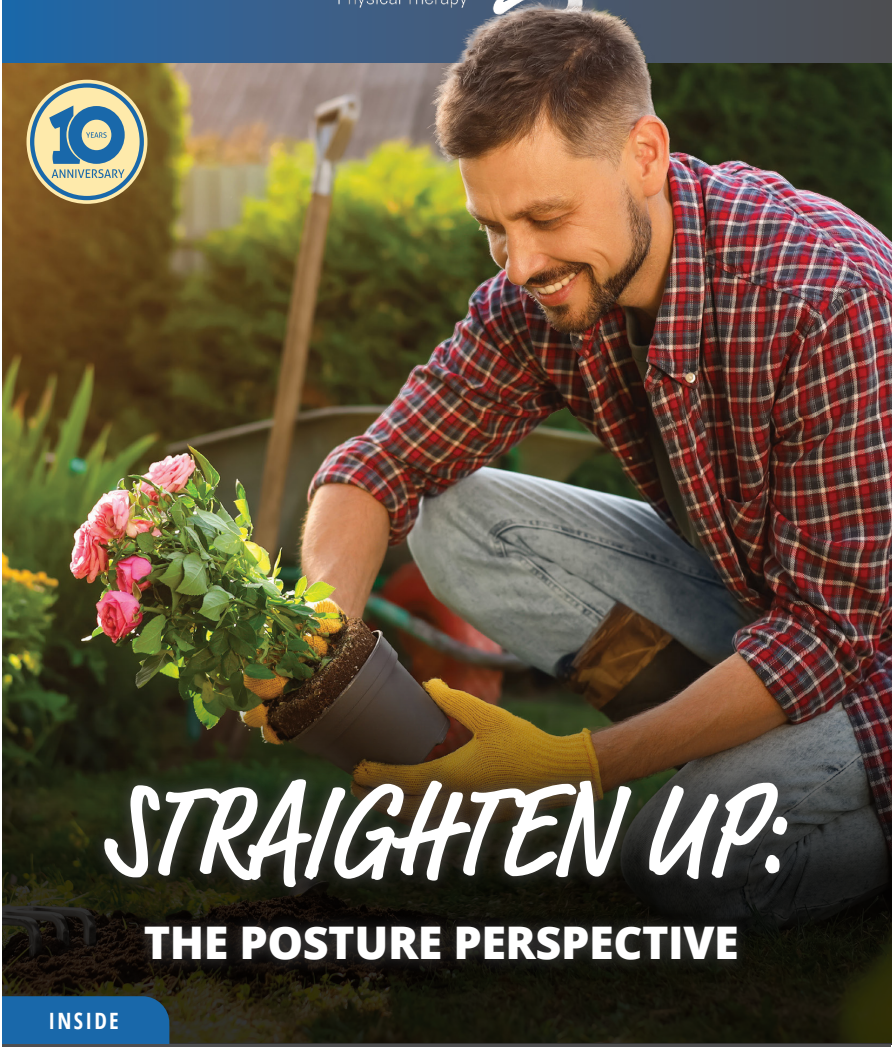
NEWSLETTER

Beyond Physical Therapy

MAY 2024



STRAIGHTEN UP:

THE POSTURE PERSPECTIVE

INSIDE

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Beyond Physical Therapy

NEWSLETTER
MAY 2024
The Newsletter About Your Health & Caring for Your Body



STRAIGHTEN UP: THE POSTURE PERSPECTIVE

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 Beyond Therapy and Wellness 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

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

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

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Continued From Outside

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 Beyond Therapy and Wellness 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!



At Beyond Physical Therapy, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

1.817.769.3691

CALL **1.817.769.3691** OR VISIT **BEYONDTHERAPYANDWELLNESS.COM** FOR MORE INFO



Try This Healthy Recipe

Mediterranean Chicken Salad

INGREDIENTS:

- 1 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

INSTRUCTIONS:

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

GO TO THE PAIN, NOT THROUGH THE PAIN

The days of "no pain, no gain" are hopefully in the past. The idea of emphasizing pushing through discomfort to achieve results is not an effective solution for most people dealing with a painful condition, injury, or chronic condition. In fact, recent research suggests that a more holistic approach is effective and, indeed, safer for patients.

Pain is our body's way of letting us know that something is happening in the body. When a nerve ending is triggered, an impulse travels to the brain, alerting us that something is happening. It is a warning sign or an alarm. How this impulse is interpreted varies from person to person and is influenced by a multitude of factors.

Aggressively pushing through pain can worsen the underlying issues and potentially result in long-term damage. The key is getting help from people who work with painful conditions every day, like our therapists at Beyond Therapy and Wellness!

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

In cases of musculoskeletal disorders and injuries, applying excessive stress on already agitated tissues can prolong the healing process and even cause further injury. In comparison, going to the pain but not through it means cautiously approaching the edge of discomfort without crossing it, which can help your body progress without delaying your recovery.

Our objective is to work within a "therapeutic window": a range of activities that stimulates the body's natural healing mechanisms without triggering negative responses.

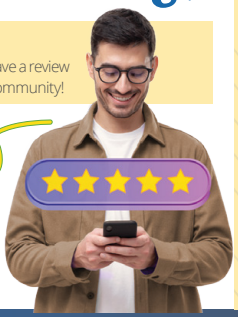
At Beyond Therapy and Wellness, we educate our patients about pain to help them understand their conditions better and actively participate in treatment. Our therapist can help you learn "pacing," where activities are broken down into manageable parts, helping you to avoid extreme ups and downs of feeling good one day and an increase in pain and inactivity the next.

By respecting the body's pain signals and working within a therapeutic window, our approach aims to achieve long-term functional gains without the risks associated with pushing through pain.

Share Your Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



EXERCISE ESSENTIALS

BILATERAL HORIZONTAL SHOULDER ABDUCTION WITH BAND

Start by standing up straight and holding one end of a resistance band in each hand. Raise your arms straight out in front of you. Pull your shoulder blades together. Spread your arms straight out to your sides, pulling the band apart. Once you have reached your maximal range of motion, let your arms come back in.



PT WIRED www.ptwired.com

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Beyond Physical Therapy

DON'T WAIT ANY LONGER!

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CALL BEYOND PHYSICAL THERAPY TODAY AND START YOUR JOURNEY TO RECOVERY