

HOW POSTURE AFFECTS YOUR SHOULDER

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MARCH 2024

SEASONAL RECIPE



Irish Potato Bites

- 20 red potatoes, small (golf ball size)
- 1/2 cup corned beef
- 1/4 cup cheddar cheese, shredded
- 1 tbsp butter, melted
- 1/8 tsp Salt
- sour cream, (optional)

Fill a large pot with water and bring it to a boil. Add potatoes and boil until they are fork tender. Preheat oven to 400°F. Once potatoes are cooked and have cooled cut each one in half and cut a small slice off of the rounded end so the potato can sit up. Scoop out the inside of each potato half saving the potato insides in a bowl. Add cheese, corned beef, butter to the bowl with the saved potato insides. Salt mixture to taste. Also sprinkle some salt over the potato halves. Scoop mixture into potato halves and then place them on a baking sheet. Place baking sheet in oven for 10 minutes. Remove from oven and serve with a dollop of sour cream.

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 McKenzie Certified therapists at McCabe and Brady 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 related to the function and posture of your spine. Our team will start by understanding how postural changes affect your normal movement patterns to resolve your shoulder issues effectively.

The classic signs of shoulder pain related to posture 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.

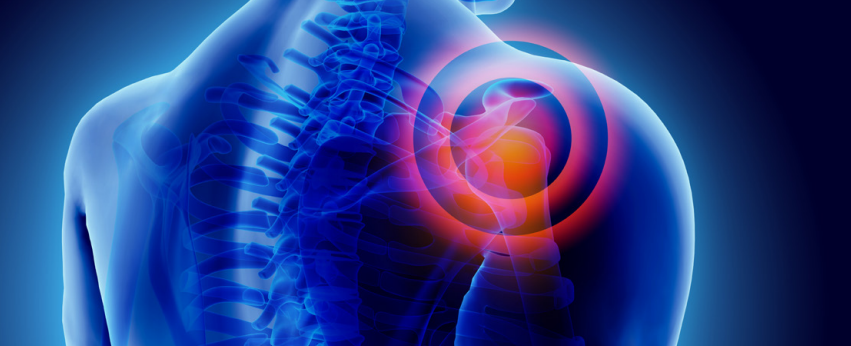
These issues often lead to shoulder pain, limited range of motion, and impaired muscle function. Although the signs are common in a lot of people, not everyone with these signs will have the same symptoms. This is why it is essential to consult one of our McKenzie Certified physical therapists to identify 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 function of your shoulder blades.

Next, your therapist will observe your response to repeated movements and sustained positions of the shoulder and spine. Rather than just examining the shoulder, it is vital to your recovery to also identify which movements or positions in your spine will exacerbate or alleviate your pain. Based on the assessment, our physical therapists will design tailored exercise regimens that address not only your shoulder pain but also your posture and spine mobility.

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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. Our highly trained therapists provide an effective and safer approach for our 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 McKenzie-trained therapists at McCabe and Brady Physical Therapy!

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.

At McCabe and Brady Physical Therapy, we educate our patients about pain to help them understand their conditions better and actively participate in treatment. Our therapists will identify the movements and positions that help alleviate your pain and the ones that provoke it. This information will help guide your program to find relief while helping you avoid the extreme ups and downs of feeling good one day and lousy the next.

By respecting the body’s pain signals and proactively doing what helps alleviate pain and avoid what aggravates it, our approach will help you achieve long-term functional gains without the risks associated with pushing through pain.

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Our team uses a movement-based approach that is rooted in the McKenzie Method. We consider the interaction between your spine and shoulder joints and muscle function. This allows us to identify and address any imbalances in your muscle function as well as spine-related factors like mobility and posture.

Your therapist will spend 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 McCabe and Brady 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!



“

I had shoulder pain for a while and just after the first session I already felt better. By the 3rd session I was back to normal. The staff is super friendly and helpful! -J.J.

”



**CALL
TODAY!**

Warminster
215.774.6203

Ivyland
215.874.6561

New Britain
267.281.8039

HOW IMPORTANT IS YOUR SLEEP?

Signs that you're not getting enough sleep:

If you're getting less than eight hours of sleep each night, chances are you're sleep deprived. What's more, you probably have no idea just how much lack of sleep is affecting you.

How is it possible to be sleep deprived without knowing it? Most of the signs of sleep deprivation are much more subtle than falling face first into your dinner plate. Furthermore, if you've made a habit of skimping on sleep, you may not even remember what it feels like to be truly wide-awake, fully alert, and firing on all cylinders. Maybe it feels normal to get sleepy when you're in a boring meeting, struggling through the afternoon slump, or dozing off after dinner, but the truth is that it's only "normal" if you're sleep deprived.

You may be sleep deprived if you:

- Need an alarm clock in order to wake up on time
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Get sleepy in meetings, lectures, or warm rooms
- Get drowsy after heavy meals or when driving
- Need to nap to get through the day
- Fall asleep while watching TV or relaxing in the evening
- Feel the need to sleep in on weekends



WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!



★ WARMINSTER

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TIPS FOR GOOD POSTURE

Sitting Positions

- Sit up with your back extended and shoulders pushed slightly back
- Prop your back up so the chair supports it
- Try to balance your body weight evenly on both hips
- Instead of keeping your legs fully extended, bend your knees slightly at a right angle. Try to avoid crossing your legs
- Avoid sitting in the same place or position for more than 30 minutes
- Get up and practice simple stretches every hour to avoid stiffness

Lifting positions

- Before lifting a heavy object, make sure you have a stable, firm footing
- Keep your back upright when lifting a thing below waist level and maintain a slight bend at the knees. Try to avoid bending forward at the waist or fully extending your knees
- Position your feet with a wide stance to ensure extra balance while picking up an object
- Lift objects slowly rather than with rapid movement



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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215.774.6203

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Or request an appointment online at
mccabebradypt.com