

HOW POSTURE AFFECTS

Neck and Shoulder Health

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How Posture Affects Neck and Shoulder Health



A MESSAGE FROM DR. CHRISTIAN, DPT

KEEP IT MOVING!

"Straighten up!" I'm sure we've all heard this command from our parents or guardians at some point during our childhood. It's a common thought that standing up tall with perfect posture goes a long way toward healthy and pain-free necks and shoulders. In many ways, this is true; sitting with an ideal posture does place significantly less stress on your body. The only catch is... it is incredibly difficult to sit with perfect posture for long periods of time! We as humans are built to move, and even though sitting in front of your computer with the most perfect posture certainly decreases stress on your joints, the most recent research suggests that your best posture is your next posture.

This means that it is much more harmful to stay in the same position for prolonged periods of time than it is to change your posture and position every 20-30 minutes. This is especially important for people who work in front of a computer or sit down for a large portion of their day. One of the most helpful ways to take pressure off your joints is to avoid staying in the same posture for longer than 20 minutes. Even if your posture isn't perfect, it doesn't necessarily matter as much if you plan on changing your position relatively soon. So remember, stress less about your posture, and focus more on keeping active and not staying in the same position for long periods of time. Your neck and shoulders will thank you!

HOW POSTURE AFFECTS NECK & SHOULDER HEALTH

Meet Sarah, a middle-aged office worker who, like many of us, spends most of her workday sitting at a desk, typing away on a computer. Over the years, Sarah started experiencing persistent neck and shoulder pain that gradually began to affect her quality of life. Little did she know that her posture was a major part of the problem.

This is the story of how Sarah's journey to better posture relieved her neck and shoulder pain and improved her overall well-being.

THE POSTURAL PREDICAMENT

Sarah's days at the office involved long hours spent hunched over her computer engrossed in her work. Her posture was far from ideal, and she rarely paid attention to how she sat or the position of her neck and shoulders. Like many individuals in sedentary jobs, she was unaware of the consequences poor posture could have on her health.

The Painful Wake-Up Call

One day, Sarah began to experience nagging neck pain that radiated into her shoulders. At first, she dismissed it as stress-related tension, but the discomfort persisted. Evenings were no longer enjoyable as the pain in her neck and shoulders made it challenging to relax or engage in her favorite activities. It was a wake-up call that something needed to change.

Seeking Professional Help

Frustrated with the persistent pain, Sarah decided to consult one of our skilled physical therapists at Joint Restoration Center, who specialized in postural issues and musculoskeletal health. Her therapist began by comprehensively assessing her medical history as well as Sarah's posture and movement capabilities.

Understanding the Impact of Poor Posture

Her physical therapist explained to Sarah how her poor posture was contributing to her neck and shoulder pain. Sitting for prolonged periods with her shoulders slouched forward and her head tilted down had placed excessive strain on her neck and shoulder muscles. The therapist also noted that her spine's natural curvature was affected, further contributing to her pain.

THE TREATMENT PLAN AT JOINT RESTORATION CENTER

Sarah's physical therapist developed a tailored treatment plan to address her posture-related issues. The program incorporated various techniques and treatments commonly used by physical therapists to improve posture:

- **Postural Education:** The therapist educated Sarah about maintaining proper alignment during everyday activities. She learned to sit and stand with a straight back, aligning her head with her spine.
- **Exercises:** Sarah was given a set of exercises to strengthen her neck, upper back, and core muscles while stretching tight muscles. These

exercises were designed to address muscle imbalances contributing to her poor posture.

- **Manual Therapy:** During therapy sessions, her physical therapist used manual techniques to mobilize Sarah's spine and alleviate muscle tension. These hands-on interventions helped improve joint mobility and relieve pain.
- **Ergonomic Assessment:** The therapist provided Sarah with recommendations for her workplace setup and how to make adjustments to promote better posture.

Sarah's journey to better posture was not without its challenges. It required commitment, consistency, and a willingness to change her daily routine. However, over time, she began to experience significant improvements.

As Sarah diligently followed her exercise routine and ergonomic recommendations, her neck and shoulder pain gradually subsided. She felt more alert and focused at work, which increased productivity. Her improved mood and reduced stress levels were additional benefits of her posture-enhancing journey.

TAKE ACTION TODAY FOR BETTER POSTURE AND HEALTH

Sarah's success story serves as a valuable reminder of how posture affects neck and shoulder health. Poor posture can lead to a variety of musculoskeletal issues, especially in office workers who spend extended hours sitting at desks. However, individuals like Sarah can significantly improve their posture and overall well-being with the right guidance and a commitment to change.

If you are struggling with neck or shoulder pain, give Joint Restoration Center a call and schedule a consultation to get the relief you deserve!

Book Your Appointment Today!



HEALTHY RECIPE

GREEN SMOOTHIE

- 3/4 cup milk of choice
- 1 small frozen banana
- 1 tablespoon nut/seed butter of choice
- 3 cups baby spinach
- 2 scoops protein powder of choice

Combine all ingredients in a blender and blend until smooth.



<https://www.humnutrition.com/blog/post-workout-smoothie-recipes/>



ACHIEVING THE IDEAL POSTURE:

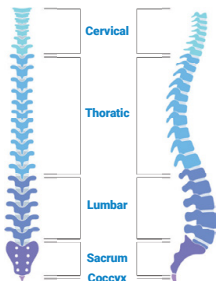
A Roadmap to Optimal Alignment

As soon as someone says the word posture, people straighten right up, only to slump back down in a matter of minutes. Unfortunately, there are also a lot of misunderstandings about what "good" posture is.

At Joint Restoration Center, we understand that your "ideal" posture is based on your unique characteristics and life situation. Rather than compare you to someone else, we'll help you find the posture that creates harmony and balance in your body.

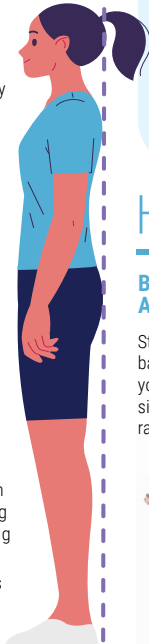
Here's an overview of what to strive for with posture:

- **Head:** Your head should be positioned over the spine. This helps maintain the natural curvature of the cervical spine (i.e., the neck), ensures the head is neither leaning too far forward nor tilting backward, and prevents undue strain.
- **Shoulders:** Your shoulders should be gently pulled back and relaxed, not slouched forward. This posture opens the chest, allowing unrestricted breathing and optimal circulation.
- **Spine:** The spine exhibits three primary curves: cervical (neck), thoracic (mid-back), and lumbar (lower back).



Good posture ensures these curves remain intact, avoiding excessive arching or rounding.

Our therapists will develop a personalized plan tailored to your unique needs based on the assessment. This plan may include exercises, stretches, and techniques to address specific posture-related challenges.



EMBRACE YOUR JOURNEY TO IDEAL POSTURE TODAY FOR A HEALTHIER TOMORROW

Ideal posture is about alignment, balance, and harmony within your body. Our therapists are your partners, helping you identify your unique ideal posture and providing the guidance and support needed to attain it.

Call today to set up a consultation with one of our specialists!

PATIENT Success Story

I love how they treat their patients. They always greet you with a smile and are always on time for your appointment — hardly any waiting. I'm very happy with my physical therapist. Thank you!"

— Amanda P.



HOME EXERCISE

BILATERAL HORIZONTAL SHOULDER ABDUCTION WITH BAND

Strengthens your shoulders

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 Always consult with your physical therapist before starting new exercises.
www.ptwired.com

918.205.2608

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