

NEWSLETTER



A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

2024

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Therapy in Resolving
Your Pain

Feel Better By
Eating Better

This Month's
Patient Success Story



A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

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 Albanese 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.



Questions for Rich: Does physical therapy hurt?

Typically there is no pain with physical therapy treatment. There is occasional soreness after a treatment. The purpose of attending physical therapy is to alleviate pain, not to exacerbate it. There are rare instances that in order to get you better there is some pain associated with your treatment but we discuss that with you prior to performing treatment. Schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927

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 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 Albanese 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/s13043-020-4159-9>
<https://www.jospt.org/doi/10.2519/jospt.2020.0501>
<https://www.jospt.org/doi/full/10.2519/jospt.2020.06198>

EXERCISE OF THE MONTH

SHOULDER CIRCUMDUCTION

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.

Having trouble performing this or having discomfort? Call us at (724) 419-8927 for a free consult!



FREE SCREENING

Schedule your free
screening today!

(724) 419-8927



FEEL BETTER BY EATING BETTER

SHAMROCK GREEN SMOOTHIE

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk
- 1 cup plain Greek yogurt
- 2 handfuls spinach
- 1 teaspoon vanilla extract
- Honey to taste (optional)

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com





I have dealt with Rich after surgeries on both knees and both shoulders! I have spinal stenosis in my neck and Rich gave me back the use of my neck through physical therapy! I highly recommend Albanese Physical Therapy for all your needs!

★★★★★
Google 5-Star Review

THIS MONTH'S PATIENT SUCCESS STORY

Erin was in a serious car accident in October 2022 where she sustained multiple physical injuries that included fractures of seventeen vertebrae, a broken left shoulder, a broken right hip, and a compound fracture to her right femur. After the car accident, she was bedridden because she required surgery to fuse multiple levels of her spine and to fix her right hip and femur. She was placed in a full thoracic brace which did not allow her to move her spine from her neck to her low back.

Erin was referred to Albanese Physical Therapy after a combined three months in the hospital, rehabilitation facility and home health. Stephanie Krepps D.P.T. was assigned as her physical therapist. Since Erin was still in a brace for her spine, she was only able to work on the mobility of her right knee and hip. Erin describes her treatment like this, "Through the use of a shock torture therapy machine and hours and hours of tedious exercise and balance routines, Stephanie helped me gain back my strength and ability to walk on my own again." We refer to the "shock torture therapy machine" as the Neubie, which is a new technology that assists with mobility, strengthening and pain relief.

In April 2023, Erin's brace was removed, and she was able to start working on additional stretching and strengthening exercises for her back and upper extremities. She is now using the weight machines in the gym for strengthening and can use the step machine for cardiovascular exercise. Erin quotes, "I have been able to recover mobility in my neck and upper body far beyond what my doctors' thought was possible."

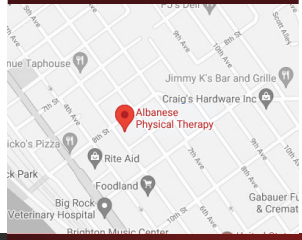
Finally, Erin describes her experience like this, "I love the light-hearted atmosphere that Rich and Stephanie maintain in the practice. For someone recovering from what can be isolating injuries, it really made a difference in my quality of life to enjoy my time in PT and laugh through some of the pain. As I reach the end of my PT journey, I could not be more grateful to have been referred to Albanese Physical Therapy. Thanks to Stephanie's work and expertise, I am happy to say I have my mobility back!"

FIND US
801 Fifth Ave
New Brighton, PA 15066

OUR HOURS
Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

CONTACT US
(724) 419-8927
rich@albanesephysicaltherapy.com
albanesephysicaltherapy.com

 @ALBANESEPHYSICALTHERAPY



Have You Been Loving Albanese Physical Therapy?
We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM