



Rehab. Recover. Get Your Life Back.

NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

FirstChoicePTNY.com



A COMPREHENSIVE LOOK AT *How Posture Affects the Shoulder*

**CELEBRATE THE
HOLIDAYS WITH THE
GIFT OF WELLNESS**

**FREE 1-1
EVALUATIONS**

SCHEDULE YOURS TODAY!

Details Inside >



Rehab. Recover. Get Your Life Back.

775-254-8647

FirstChoicePTNV.com



SCAN ME

Scan To Book Your Appointment Today!

NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

INSIDE:

The Role of Physical Therapy in Resolving Your Pain
4 Tips For Better Heart Health



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.

The good news is our therapists at First Choice 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.

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.

Call Today and Schedule Your Next Visit! 775-254-8647

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 First Choice 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.2020.08499>



**Are you suffering from chronic wounds?
Worried a cut may have become infected?**

Call us at 775-254-8647 to start healing today!

FirstChoicePTNV.com

It's National Heart Health Month!

4 Tips For Better Heart Health



1. Exercise to increase your heart rate

Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.

2. Participate in strength training

Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.

3. Maintain mobility of the joints and muscles

Regular stretching and mobility work keeps you active and makes you feel better. The more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.

4. Eat healthy meals

Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.

Call us at 775-254-8647 to start healing today!

HEALTHY RECIPE



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 First Choice 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.

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 First Choice Physical Therapy, 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.

Blueberry Muffin Overnight Oats

- | | |
|---|--|
| 1 cup rolled oats | 1 tablespoon honey |
| 1/2 cup blueberries, mashed with a fork | 1 teaspoon lemon zest
pinch of salt |
| 2 tablespoons chia seeds | 1/2 cup vanilla Greek yogurt |
| 1 teaspoon vanilla extract | 3/4 cup unsweet almond milk |

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://thefoodiefinds.com/blueberry-muffin-overnight-oats/>

REDEEM THIS COUPON FOR A

**FREE PT
CONSULTATION**

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Call 775-254-8647 Today!