



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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JANUARY 2021



RING IN THE NEW YEAR

*WITH
IMPROVED
POSTURE &
PAIN-FREE
SHOULDERS!*

INSIDE:

Ring in the New Year with Improved Posture & Pain-Free Shoulders •
What Our Patients Say • Exercise Essentials • Wellness Tips for New
Year's Resolutions • New Year, New You!



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Persistent Shoulder Problems? Don't Let Your Posture Pain You

Do you have a daily struggle with your shoulders? Do normal tasks, such as sitting at your desk, bending down to grab a fallen item, or standing to cook dinner, cause a flaring pain between your blades or in the tissues between your shoulders and neck? Chances are, this discomfort could be due to your posture. If you believe your stance could be contributing to your shoulder pain, call Recovery Physical Therapy to schedule an appointment and discuss your treatment options.

How Does Improper Posture Affect the Shoulders?

Shoulders are a common pain area for poor posture. When we slouch, hunch, or lean forward too much, our muscles and tendons are being pulled in ways that they are not used to, thus causing inflammation and pain. The shoulders take the brunt of this pull, making

them a common area of complaint. Many patients who seek out physical therapy for their shoulder pain have a condition referred to as "shoulder impingement." This happens when your rotator cuff tendons press on your "coracoacromial arch," or the arch of your shoulder. When this happens, you may experience pain when sleeping in certain positions, reaching for something, or moving your shoulder in circular motions.

Poor posture is the most common cause of shoulder impingement, but other causes could be related to:

- Osteoarthritis
- General weakness in the shoulder
- Compression, due to trauma
- Repetitive reaching movements

Common Posture Errors

Left untreated, poor posture in the shoulders can lead to long-term effects, such as

tendinitis, nerve constriction, or even spine misalignment. Posture is also a contributing factor to kyphosis, or "postural hunchback," in which the shoulders and neck become abnormally curved. Some common errors in posture (and how to fix them) are:

- 1. Slouching in a chair** – It is so simple to do, and we all do it. We're sitting at work, and around hour 4 we get tired. We slouch. We make ourselves comfortable – and we may even stay like that for the rest of the day. However, slouching in a chair is a bad habit to get into, especially if you work at a desk job. The strain increases tension on the muscles, which will eventually cause pain. The best way to avoid this is to get into the habit of sitting correctly (upright, legs uncrossed, feet flat on the ground, legs a few inches away from seat of the chair) every day. This may not be easy at first, as your body may not be accustomed to the way it is supposed to sit.

(Continued Inside)

IMPROVED POSTURE & PAIN-FREE SHOULDERS

(Continued from Outside)

Try out some of these exercises to help correct your slumped stance and strengthen your natural posture:

- Bridges
- Planks
- Back extensions

2. "Text neck" – The term "text neck" is colloquial; however, it describes a position in which the head is tilted downward and the shoulders are hunched over (as if someone was looking down at a phone screen and texting.) This is also commonplace in desk jobs, as many people will experience "text neck" when hunching over their keyboards or sorting through files. This could be a sign of a tight chest and weak upper back, and over time this posture could worsen into rounded or hunched shoulders. Some exercises to help correct your "text neck," and strengthen your upper back and shoulders are:

- Chest stretches
- Seated rows
- Pull-ups

3. Rounded shoulders – This type of posture error is also colloquially referred to as "mom posture." It is caused when the shoulders are rounded forward, instead of back, and the head and chest are slouched forward. To figure out if you have a "mom posture" stance, stand in front of a mirror and let your arms hang naturally. If your knuckles face more toward the front, instead of to the sides, you

may have rounded shoulders. Daily tasks that may contribute to this are bending down repeatedly throughout the day (much like a mom does to pick up a toddler or clean up their toys), sitting for prolonged periods of time, carrying heavy objects, driving a vehicle, or using a computer. Some exercises you can do to strengthen your shoulders and back, and correct this posture error are:

- Pull-ups
- Seated Rows
- Planks
- Bridges
- Chest stretches

How Physical Therapy Helps

Our physical therapists at Recovery Physical Therapy are dedicated to helping you achieve your highest level of physical ability. Improper posture is a difficult habit to break, but our staff will use the most sophisticated diagnostic tools, from movement investigation to gait analysis, to determine the specific problem areas of your posture. We will then determine the best course of treatment for your needs, and we will assist you in the necessary exercises and therapies that will ease your body into its intended stance once again.

Don't let the weight of your shoulders hold you down – if you are experiencing shoulder pain, call (917) 763-7825 today to set up a consultation. We'll get you victoriously waving your arms around in no time!

Sources: medicalnewstoday.com/articles/318556.php • mayoclinichealthsystem.org/hometown-health/speaking-of-health/poor-posture-can-cause-shoulder-pain-nhs.uk/live-well/exercise/common-posture-mistakes-and-fixes/ • theconversation.com/health-check-can-bad-posture-give-you-a-hunchback-56068

WHAT OUR PATIENTS SAY



“ I could not recommend Recovery Physical Therapy more! Before I found Recovery Physical Therapy, I had been having nagging low back and shoulder problems that none of the other physical therapists I had visited could remedy. They were the only place to properly diagnose and help me heal my injuries, which was a huge relief. Not only is the staff extremely knowledgeable and helpful, they are also friendly, sympathetic, and available. They are the best!” –M. R.

WE NEED YOUR HELP! SHARE YOUR 5-STAR RECOVERY PT EXPERIENCE:

1. Open your smart phone's camera
2. Center the QR code of your Recovery PT location in the frame >>
(this will take you to our Google Review Page)
3. Let us know how we did!

As we recover from the closure of our clinics as a result of the pandemic, we could use your positive review to help us find and retain new patients. Your review helps us change more people's lives through physical therapy. We appreciate you so much!

EXERCISE ESSENTIALS

Eases Neck & Shoulder Pain

Repeated Cervical Retraction

Try this movement if you are experiencing neck or shoulder pain.

Sitting in a chair with good posture, focus your eyes forward with your chin parallel to the floor. Pull your chin straight back, aligning your ears with your shoulders, and relax back forward. Repeat 10-15 times every 2-3 hours as needed.



Exercise copyright of



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



RECOVERY PHYSICAL THERAPY
LOCATIONS ARE NOW OPEN

OUR PHYSICAL THERAPISTS ARE READY TO HELP YOU!

WELLNESS TIPS FOR NEW YEAR'S RESOLUTIONS

Here's a list of 3 simple wellness tips that will make picking an easily-attainable goal less daunting and enjoyable.

1. Drink half your body weight in ounces of water.

If you weigh 160 pounds, you should drink 80 ounces of water. When the body is dehydrated, it doesn't run efficiently. Drinking water has plenty of benefits including increasing energy, flushing out toxins, improving skin complexion and boosting immunity.

2. Start the morning with a hydrating warm drink.

Adding lemon to warm water makes a tasty combination. Apple cider vinegar concoctions that rehydrate and influence the body's alkaline state, which has been noted for added health benefits. Drink these before coffee and breakfast for instant energy, likely from the rehydration process.

3. Be active daily.

Aim for 30 minutes of activity daily. Break it up throughout the day: 10 minutes before work, 10 minutes afterwards and 10 minutes home with the kids.

If a long-term resolution seems daunting, aim for new measurable goals monthly. Think short-term and create a new goal every month. For instance, come up with an idea like drink homemade juices or smoothies five days a week or don't eat packaged snacks for a month. It doesn't seem like such a life overhaul if you add or eliminate a certain food for just 30 days. Plus, if you get in the rhythm of it, you might continue. Or if not, you know you will start a new goal the next month.



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



MILLBURN, NJ



FLATIRON DISTRICT



FASHION DISTRICT



NEW YEAR, NEW YOU!

Let Recovery Physical Therapy Help You Reach Your Health & Fitness Goals This Year!

Our professionals will help you regain lost motion, strength, balance, and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results. Our goal is to empower you to actively manage your pain, increase your range of motion, and get you moving again.

Call us today at (917) 763-7825. We will get you back to living the life you deserve.