



# HEALTH & WELLNESS NEWSLETTER

[www.EllisPhysicalTherapy.com](http://www.EllisPhysicalTherapy.com) | (208) 523-8879



## POSTURE COULD BE THE CULPRIT BEHIND YOUR SHOULDER PAIN

SEEK PHYSICAL THERAPY FOR RELIEF

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## YOU CAN GAIN RELIEF FROM SHOULDER PAIN BY FIXING YOUR POSTURE! PHYSICAL THERAPY CAN HELP!



Do you have a daily struggle with your shoulders? Do everyday tasks, such as sitting at your desk or standing to cook dinner, cause pain between your shoulder blades or your shoulders and neck? Your discomfort could be due to your posture.

Our posture affects most of the activities we do every day. Any change in it also changes the way we use our bodies. Sitting or standing with our heads protruding forward can adjust the positioning of our entire shoulder complex. Our shoulder blade rolls forward, which in turn forces the shoulder joint in an abnormal orientation.

Changes to our posture change how well our shoulder muscles work and how the joints function. Over time, these changes can lead to shoulder pain and dysfunction. Fortunately, our team of physical therapists knows how to address these issues and guide you to the results you are looking for!

**If you believe your posture could be contributing to your shoulder pain, call Ellis Physical Therapy to schedule an appointment and discuss your treatment options.**

**How posture affects the shoulders.** Shoulders are a common area for pain when you slump. When we slouch or hunch too much, the muscles and tendons are being worked in ways that they are not used to. This position also leads to stress on the joints, which can cause inflammation and pain. Many patients who seek physical therapy for shoulder pain impingement learn that they can blame years of slouching for the predicament they're in. Slouching essentially shrinks the space our tendons run through, setting us up for a "pinching" of the tendon (i.e., impingement). When this happens, you may experience pain lying on the shoulder when sleeping or reaching for something to the side or overhead.

Left untreated, poor posture in the shoulders can lead to long-term effects, such as tendonitis, nerve constriction, or even spine misalignment.

# MOST COMMON POSTURAL ERRORS

**Slouching in a chair.** – It is so simple to sit at work all slumped over. Over time, sitting this way strains the muscles and eventually causes pain. The more significant issue is that we stay like that for the rest of the day. Sometimes this is due to improper chair or desk height, but we attempt to make ourselves comfortable most of the time. The best way to avoid this is to get into the habit of sitting tall. This means sitting upright, legs uncrossed, feet flat on the ground, with your legs a few inches away from the chair's seat. You can also use a lumbar roll or rolled up towel to help you maintain the proper posture. Place the roll in the small of your lower back. This prevents your lower back from rounding into the chair and helps you stay sitting up tall.

**Text Neck** – The term text neck is used to describe 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. Over time this can lead to tight chest muscles and weak upper back muscles. As your body gets used to this stance, it becomes hard to get out of it, making you more susceptible to injuring your shoulder and neck.

**Rounded shoulders.** – This type of posture error is caused when the shoulders are rounded forward instead of back, and the head and chest are slumped forward. This position is prevalent with activities that require prolonged standing. We round our lower back and allow our shoulders to slump forward as we stand. Unfortunately, this posture contributes to difficulty reaching, lifting, and carrying things. Daily tasks become painful and limited. This stature makes us susceptible to tension and strain in the upper back, shoulder blades, shoulders, and neck.



You can also use a lumbar roll to help you maintain the proper form. Place the roll, or roll up a towel, in the small of your lower back. This prevents your lower back from rounding into the chair and helps you stay tall.

**How physical therapy helps.** Our physical therapists at Ellis Physical Therapy are dedicated to helping you achieve your highest level of physical ability. Improper posture can be a difficult habit to break, but our staff will use the most comprehensive approach to address your needs and 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 posture once again.

**Call today to schedule an appointment.** If you are experiencing shoulder pain, contact us today to set up a consultation. Whatever the culprit may be, rest assured that our therapists will get to the bottom of your problem. **We'll get your posture back where it belongs and help you feel good again!**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5659804/>  
<https://pubmed.ncbi.nlm.nih.gov/29985116/>  
<https://www.frontiersin.org/articles/10.3389/fphys.2020.541974/full>  
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<https://pubmed.ncbi.nlm.nih.gov/31789300/>

## EXERCISE ESSENTIALS

*Flexibility, strength, and stability are needed to keep you loose and pain-free... **Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.***

### WAND SHOULDER FLEXION

Lying on your back and holding a wand, palm face down on both sides, slowly raise the wand towards overhead.

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## Patient Success Spotlight

**"Dr. Jason Bailey is one of the best medical care professionals I've ever worked with!"**

"I'm currently getting treatment for a biceps tendon tear and shoulder surgery. Dr. Jason Bailey is one of the best medical care professionals I've ever worked with. He always takes the time to answer all of my questions. He makes my therapy sessions productive and he has been instrumental in helping my confidence throughout my recovery. I highly recommend using this place for your physical therapy." - **D.S.**



**Call Us At (208) 523-8879 Today To Schedule An Appointment!**

# FEBRUARY IS HEART HEALTH MONTH

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have



some pounds to lose, you'll probably want to change your eating habits and be more active.

- 7. Ditch the cigarettes, real and electronic.** If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

## Healthy Recipe

### ROASTED POTATOES



#### INGREDIENTS

- 2 lbs Yukon Gold potatoes, peeled & cut into 1-inch slices
- 2 tbsp butter, melted
- 2 tbsp extra-virgin olive oil
- 2 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- ¾ tsp salt
- ½ tsp ground pepper
- 1 cup low-sodium vegetable broth or chicken broth
- 5 cloves garlic, peeled & smashed

#### INSTRUCTIONS:

Position rack in upper third of oven; preheat to 500° F. Toss potatoes, butter, oil, thyme, rosemary, salt and pepper in a large bowl. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Do not use a glass dish, which could shatter.) Roast, flipping once, until browned, about 30 minutes. Carefully add broth and garlic to the pan. Continue roasting until most of the broth is absorbed and the potatoes are very tender, about 15 minutes more. Serve hot.

<https://www.eatingwell.com/recipe/279036/melting-potatoes/>



## Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?  
Give us a call today to schedule an appointment!

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