



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



DON'T LET YOUR POSTURE PAIN YOU

INSIDE:

Have You Met
Your Insurance
Deductible?

Healthy Recipe: Easy
Hot Apple Cider

Sports Therapy
Center Update



NEWSLETTER

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PERSISTENT SHOULDER PROBLEMS?

DON'T LET YOUR POSTURE PAIN YOU

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 First Colony Aquatic & Rehabilitation Center 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 the outer edge of your

shoulder blade. When this happens, you may experience pain when sleeping in certain positions, reaching for something, or moving your shoulder in certain 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. Poor posture is also a contributing factor to postural 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, maintaining the slouched position 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 can 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). Being able to hold the upright position all day long is not of utmost importance, rather it is important to create a habit of assessing your posture to be aware of when you've been in a position for too long. This may not be easy at first, as your body may not be accustomed to the way it is supposed to sit. Try setting a timer for 15-30 minutes to help you remember to be aware of your posture.



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Article Continues
Inside >>



(Continued from outside)

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.

3. Rounded shoulders. - This type of posture error is sometimes known 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.

How physical therapy helps:


Our physical therapists at First Colony Aquatic & Rehabilitation Center 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, contact us today to set up a consultation. We'll get you victoriously waving your arms around in no time!

Sources: <https://www.medicalnewstoday.com/articles/318556.php> • <https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/poor-posture-can-cause-shoulder-pain> • <https://www.nhs.uk/live-well/exercise/common-posture-mistakes-and-fixes/> • <http://theconversation.com/health-check-can-bad-posture-give-you-a-hunchback-5608>

HEALTHY RECIPE

Easy Hot Apple Cider

- 
- 1 [64 fluid ounce] bottle apple cider
 - 3 cinnamon sticks
 - 1 teaspoon whole allspice
 - 1 teaspoon whole cloves
 - 1/3 cup brown sugar

Instructions: In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.




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SUCCESS STORIES

What Our Patients Have to Say

“ It is just phenomenal!!!”



“They determined the root cause of the pain of my husband's pain. They found the correct course for him to get better. After he had surgery, they were able to give him the right course of action to get him back to doing normal activities again. He was told that he would not be able to walk again. He started out in aquatic therapy and now he is able to walk again! It is just phenomenal!!!” - Teri R.

WORKOUTS TO DO FROM HOME

Some exercises to help your posture and strengthen your upper back and shoulders are:

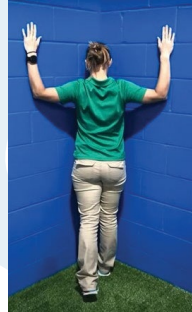


SCAPULAR RETRACTIONS

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders. Repeat ten times.

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



CORNER STRETCH

Stand facing a corner with your arms on different walls. Lean into the corner until you feel a stretch across the front of your chest. Stand in a lunge to make sure you stay balanced. Hold for 15 seconds and repeat as needed.



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SPORTS THERAPY CENTER UPDATE

We have officially opened the Sports Therapy Center as of September 8, 2021! The clinic has been renovated and we have updated all the equipment, machines, and supplies. We have retained the name, phone number, fax number, and web address. We are excited going forward helping patients all over Fort Bend on their road to recovery!

Our Grand Re-Opening for the Sports Therapy Center is set for the end of October and we can't wait to see familiar faces and all our wonderful supporters --our patients!

We now officially have three clinics servicing Fort Bend County helping patients to "Reclaim Their Lives". A special thanks to all of our patients— your loyalty and support has made this possible.



HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

The cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

*Now's the time to come in for PT!
Call us to schedule your appointment today
and get a head start on 2022.*

Follow Us on Social Media!

