



LYCOMING  
PHYSICAL  
THERAPY

**NEWSLETTER**

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY

March 2024



A COMPREHENSIVE  
LOOK AT HOW  
**POSTURE**  
AFFECTS THE  
**SHOULDER**

**Go to the Pain  
Not Through  
the Pain**

Find out inside.

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# A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

**It seems like every week we get a patient who comes to us with shoulder pain related to poor postural habits.** Shoulder pain is an all-too-common complaint, making routine activities like dressing, lifting, typing, and even sleeping difficult.



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 Lycoming 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.

*Continued inside.*

**Fix Your Posture and Relieve Your Shoulder Pain With Lycoming Physical Therapy!**

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# HOW POSTURE AFFECTS THE SHOULDER

# GO TO THE PAIN...

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## 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. They also focus on educating you on proper movement patterns and postural awareness.

## 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 Lycoming 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!**



## 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 Lycoming 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 Lycoming 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.**

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## HEALTHY RECIPE



### INGREDIENTS

- ¼ avocado
- ¼ teaspoon ground pepper
- ½ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

## AVOCADO-EGG TOAST



**DIRECTIONS:** Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

## PATIENT SUCCESS STORY



"I chose Lycoming Physical Therapy years ago when they first opened. I've had to use therapy many times with my ailments. I recently had my second knee replaced and love Rob and his staff! I've had the privilege to work with Tom, Miranda, John and Rob all who knew when to push me and when I had enough. My surgeon and therapist did an excellent job in my recovery. I was very scared to have the knees replaced but it was my after care that really counted and Lycoming Physical Therapy was the best! I recommend everyone to seek them out. They are the best!!" —Karen O.

**We want to hear your success story!**

Scan the QR Code below to go to our Google Reviews page. We look forward to hearing from you!



## EXERCISE ESSENTIALS

### SHOULDER EXTENSION (CANE)

Start by standing up straight with the arm to be exercised hanging by your side. Hold each end of the cane with one hand so that your arm to be exercised is holding the bottom end and your assisting arm is raised holding the top to make the cane positioned in a diagonal line. Lightly move your arm behind you pulling the cane and keeping your arm straight while your other arm assists by pushing lightly.



**Contact Lycoming Physical Therapy today to find out how we can help you return to a pain free life.**

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### WE HELP PEOPLE WITH:

- Back Pain
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- And More!



# GO TO THE PAIN NOT THROUGH THE PAIN

Find out inside.

*We Look Forward To Assisting You!*

PRSR T STD  
US POSTAGE  
**PAID**  
PRACTICE  
PROMOTIONS