



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.

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 OSR 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.



We Can Help You Heal.
Call 1.480.360.3921 Today!

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 OSR 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.2020.8498>

Yummy Recipe: Grilled Shrimp Tacos with Peach Salsa

Ingredients:

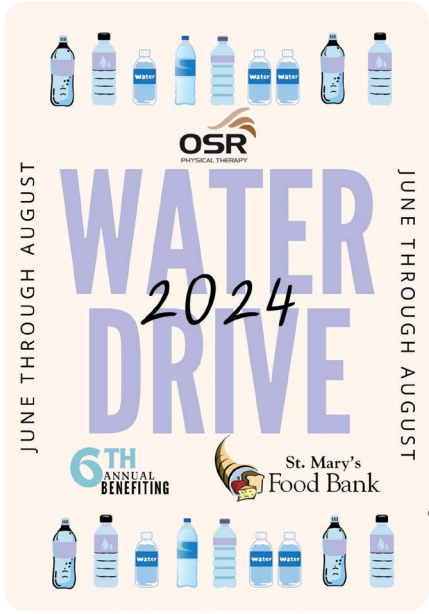
- 1/2 medium red onion, thinly sliced
- Juice of 2 limes
- Kosher salt and freshly ground pepper
- 1 large ripe peach, pitted and diced
- 1/2 small avocado, pitted and diced
- 2 tbsp finely chopped fresh cilantro
- 1 tsp tajin
- 1/4 tsp chili powder, divided
- olive oil spray
- 1 1/2 lbs jumbo raw shrimp, shelled & deveined (weight after peeling)
- 1/4 tsp kosher salt
- 1/8 tsp cayenne pepper
- 8 6-in corn tortillas



Here's how to make it: In a small bowl, combine the onion, juice from 1 1/2 limes, and a large pinch of salt. Toss to combine and let the mixture pickle while you prepare the other ingredients, stirring occasionally. In another small bowl, combine the peach, avocado, cilantro, 1/4 tsp chili powder, and the juice from the remaining lime half. Sprinkle generously with salt and toss to combine. Make sure it's well-seasoned, then set aside. Preheat the grill, a grill basket or a grill pan to medium-high heat and spray with oil. Pat the shrimp dry and spray with oil. Season with 1 tsp tajin, 1/4 tsp kosher salt and cayenne pepper. Add the shrimp to the prepared grill and grill for 2 to 3 minutes per side, until the shrimp are pink and firm. Transfer the shrimp to a plate to cool while you char the tortillas on the grill, about 1 minute per side until slightly charred. To assemble, divide the shrimp equally among the tortillas. Top with a heaping spoonful of salsa, a few pickled onions, and serve, with lime wedges and extra pickled onions on the side.

Share this newsletter with a friend and help them find relief from pain!

2024 Water Drive Launch!



JUNE THROUGH AUGUST

OSR
PHYSICAL THERAPY

WATER DRIVE

2024

6TH ANNUAL BENEFITING

St. Mary's Food Bank

JUNE THROUGH AUGUST

We are partnering again with St. Mary's Foodbank to ensure that clean, safe drinking water reaches the hands of our most vulnerable community members. The summer months in Phoenix can be brutal, with temperatures soaring above 100°F. Dehydration is a serious risk, and tragically, it leads to multiple deaths every year. In fact, Maricopa County reported over 300 heat-associated deaths in 2022, many of which were due to dehydration. Our community's need for water is not just about comfort—it's about survival. We have an incredible opportunity to make a significant impact. By participating in our Water Drive, you will help provide life-saving water to those who desperately need it. Here's how you can get involved:

- **Donate A Case of Water:** Bring in a case of water to any one of our OSR clinics to help support this cause. Every case counts!
- **Monetary Donations:** Consider making a financial contribution, which will be used to purchase water at wholesale prices. Each clinic has a donation box set up.
- **Spread the Word:** Encourage your family, friends, and social networks to participate. The more people we can reach, the greater our impact. Follow along on Instagram/facebook, comment, like, and share those donation stories!

Our goal this year is to collect 150,000 bottles of water. With your support and generosity, I am confident we can achieve this and more. Remember, every case donated can help prevent dehydration and potentially save a life. Let's come together as a team and make a tangible difference in our community. Together, we can provide relief to those suffering from the extreme heat and contribute to the well-being of our neighbors. Thank you for your support and dedication to this important cause.

Patient Success



"The OSR staff enabled an outstanding recovery. Successfully, I was able to return to playing nine holes of golf after 2 months! The staff are all masters at providing healing and I highly recommend them!" — Michael P.

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Thank You!

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