

A COMPREHENSIVE LOOK AT HOW
Posture Affects the Shoulder





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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 iMove PT 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:

- 1. Forward head posture:** The head is positioned forward in relation to the shoulders.
- 2. Rounded shoulders:** The shoulders are rounded forward, causing the upper back to appear hunched.
- 3. Increased thoracic kyphosis:** The upper back has an increased curvature, leading to a rounded appearance.
- 4. Protracted shoulder blades:** The shoulder blades are positioned more forward and away from the spine.
- 5. Weak deep neck flexors:** The muscles at the front of the neck that help stabilize the head are weak.
- 6. Tight pectoral muscles:** The muscles in the chest area are tight and may contribute to the rounded shoulder posture.
- 7. 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.

Learn more at imovephysicaltherapy.com

**CALL TODAY TO GET
STARTED!**

ST. LOUIS, MO (CLINIC):
636.590.6827

ST. LOUIS, MO (MOBILE):
636.728.9046

MID COUNTY ST. LOUIS:
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METRO EAST, IL:
618.738.0397

KANSAS CITY, MO:
816.207.3637

TULSA, OK:
573.206.8614

JOPLIN, MO:
417.695.5367

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 iMove PT 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://traisjournal.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.2020.0498>



Why In Home Outpatient Therapy May Be Right For You

Written by Dr. Alex Booher

At iMove PT, our patients have the choice of where they would like to be seen, most often being in their home. We give our patients individualized one on one treatment tailored to your needs. The equipment necessary will be brought to you which may include a treatment table, pulley strengthening system, balance accessories, and more. There are various reasons why in-home outpatient services are preferred and may be right for you!

- 1. Convenience.** Many individuals may struggle to travel to a facility whether it be due to immobility, inability to drive or get a ride, pain levels, etc.
- 2. Privacy.** Therapy sessions are one on one care without the hustle and bustle that comes with a clinic.
- 3. Independence.** Learning to thrive and exercise within the comfort and boundaries of your own home is a very valuable aspect of our services.
- 4. Tailored program.** We work with you to develop a specific program and treatment strategy that will help you thrive and move better around your home. Having trouble getting down to your basement? Looking to reduce the risk of tripping and falling? There are many ways we can assist you.
- 5. Relationships.** Our goal is to become part of your support system and ensure we are providing you with the most effective treatment and guidance during your recovery journey. We strive to develop a close relationship with our patients and become a valuable resource.

Thinking you may be a good candidate for in-home outpatient therapy services? Contact us at 618.738.0397 today to get started.

IMOVEPHYSICALTHERAPY.COM





"I always feel so much better after my therapy!"

"Very happy with the results of my therapy with Dr. Booher, I always feel so much better after my therapy! I can tell my shoulder is getting better too and honestly I would not use any other therapy company!"

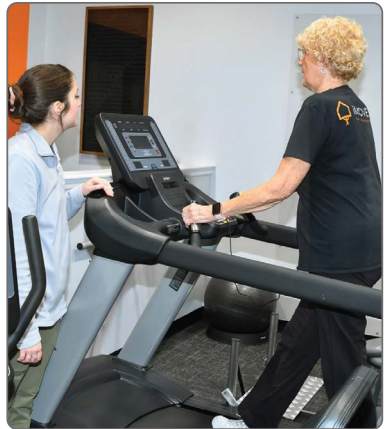
—E.L.

OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



Staff Spotlight



Dr. Alex Booher (PT, DPT, CEEAA)

Dr. Alex Booher has over 5 years of experience in outpatient orthopedic physical therapy, treating patients with a variety of conditions ranging from post-surgical rehabilitation, fracture care, orthopedic injuries, and neurological conditions with emphasis on gait, balance, and postural retraining. He graduated from Maryville University in 2017 with a Doctorate in Physical Therapy.

Alex joined iMove PT St. Louis in August 2021 and in August 2023 he launched iMove PT Metro East IL as the franchise owner. In his free time, Alex enjoys spending time with his wife and two daughters and cheering on St. Louis City SC as a proud season ticket holder.

Call Dr. Alex's team in Metro East, IL today! 618.738.0397

GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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