

NEWSLETTER

POSTURE COULD BE THE CULPRIT BEHIND YOUR **SHOULDER PAIN**



INSIDE:

- The Most Common Postural Errors
- Healthy Recipe: Smoked Salmon & Avocado Toasts
- At-Home Exercise: Corner Pectoral Stretch
- 3 Natural Ways To Beat Spring Allergies

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FYZICAL®

Therapy & Balance Centers

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Work On Improving Your Posture To Gain Relief From Shoulder Pain

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 FYZICAL 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.

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QUOTE OF THE MONTH:

"Believe you can and you're halfway there."

— Theodore Roosevelt

Take your health to another level! Visit us & recover naturally.

HEALTHY RECIPE:

SMOKED SALMON & AVOCADO TOASTS



INGREDIENTS

- 1 ripe avocado, pitted
- 2 tsp lemon juice
- 1 tsp minced fresh tarragon
- 24 toasted slices of pumpernickel bread/melba toasts
- 2 oz smoked salmon, cut into 24 pieces
- 1 tsp coarse Maldon sea salt
- Fresh tarragon sprigs, capers, sliced cornichons or olives, poppy or sesame seeds, lemon zest and/or red onion for garnish

DIRECTIONS

Mash avocado with lemon juice and tarragon in a bowl. Spread about 1 teaspoon of the mixture on each piece of bread (or toast). Top with salmon and sprinkle with salt. Garnish as desired.

Source: <https://www.eatingwell.com/recipe/260944/smoked-salmon-avocado-toasts/>

The 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 FYZICAL 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/PMC559904/>
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3 Natural Ways To Beat Spring Allergies



Try these simple tips to protect you from spring allergens!

1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.



At-Home Exercise

Use This Exercise To Stretch Your Shoulders

CORNER PECTORAL 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.



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

Patient Success Story



"I feel like I have a chance to move forward in my recovery!"

"I really like the therapy because they have a very thorough evaluation compared to the therapy group I used before. After having a poor experience with other therapy clinics, now I feel like I have a chance to move forward in my recovery. Excellent facilities and very friendly atmosphere."

- Sheila L.

Access a pain-free life and do what you love, comfortably!

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