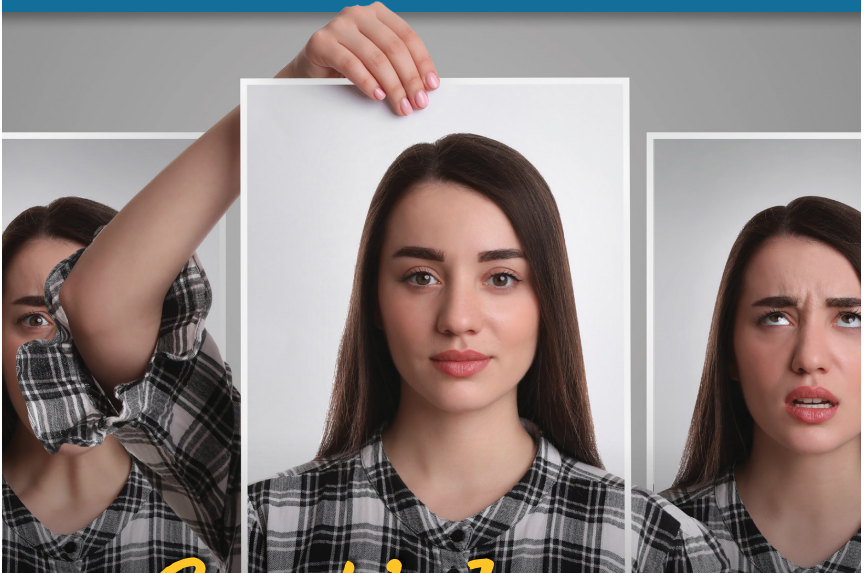


NEWSLETTER



Sarah's Journey

HOW POSTURE AFFECTS NECK AND SHOULDER HEALTH

Also Inside:

ACHIEVING THE IDEAL POSTURE



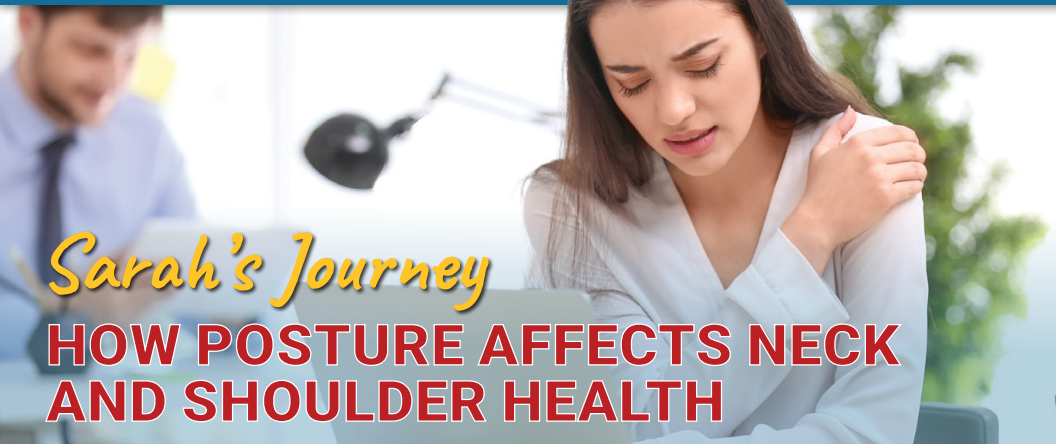
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NEWSLETTER



Sarah's Journey

HOW POSTURE AFFECTS NECK AND SHOULDER HEALTH

Meet Sarah, a middle-aged office worker who, like many of us, spends most of her workday sitting at a desk, typing away on a computer. Over the years, Sarah started experiencing persistent neck and shoulder pain that gradually began to affect her quality of life. Little did she know that her posture was a major part of the problem.

This is the story of how Sarah's journey to better posture relieved her neck and shoulder pain and improved her overall well-being.

THE POSTURAL PREDICAMENT

Sarah's days at the office involved long hours spent hunched over her computer engrossed in her work. Her posture was far from ideal, and she rarely paid attention to how she sat or the position of her neck and shoulders. Like many individuals in sedentary jobs, she was unaware of the consequences poor posture could have on her health.

The Painful Wake-Up Call

One day, Sarah began to experience nagging neck pain that radiated into her shoulders. At first, she dismissed it as stress-related tension, but the discomfort persisted. Evenings were no longer enjoyable as the pain in her neck and shoulders made it challenging to relax or engage in her favorite activities. It was a wake-up call that something needed to change.

Seeking Professional Help

Frustrated with the persistent pain, Sarah decided to consult one of our skilled physical therapists at Hands On Physical Therapy, who specialized in postural issues and musculoskeletal health. Her therapist began by comprehensively assessing her medical history as well as Sarah's posture and movement capabilities.

Understanding the Impact of Poor Posture

Her physical therapist explained to Sarah how her poor posture was contributing to her neck and shoulder pain. Sitting for prolonged periods with her shoulders slouched forward and her head tilted down had placed excessive strain on her neck and shoulder muscles. The therapist also noted that her spine's natural curvature was affected, further contributing to her pain.

Continued inside.

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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

Continued from previous page.

THE TREATMENT PLAN AT HANDS ON PHYSICAL THERAPY

Sarah's physical therapist developed a tailored treatment plan to address her posture-related issues. The program incorporated various techniques and treatments commonly used by physical therapists to improve posture:

- **Postural Education:** The therapist educated Sarah about maintaining proper alignment during everyday activities. She learned to sit and stand with a straight back, aligning her head with her spine.
- **Exercises:** Sarah was given a set of exercises to strengthen her neck, upper back, and core muscles while stretching tight muscles. These exercises were designed to address muscle imbalances contributing to her poor posture.
- **Manual Therapy:** During therapy sessions, her physical therapist used manual techniques to mobilize Sarah's spine and alleviate muscle tension. These hands-on interventions helped improve joint mobility and relieve pain.
- **Ergonomic Assessment:** The therapist provided Sarah with recommendations for her workplace setup and how to make adjustments to promote better posture.

Sarah's journey to better posture was not without its challenges. It required commitment, consistency, and a willingness to change

her daily routine. However, over time, she began to experience significant improvements.

As Sarah diligently followed her exercise routine and ergonomic recommendations, her neck and shoulder pain gradually subsided. She felt more alert and focused at work, which increased productivity. Her improved mood and reduced stress levels were additional benefits of her posture-enhancing journey.

TAKE ACTION TODAY FOR BETTER POSTURE AND HEALTH

Sarah's success story serves as a valuable reminder of how posture affects neck and shoulder health. Poor posture can lead to a variety of musculoskeletal issues, especially in office workers who spend extended hours sitting at desks. However, individuals like Sarah can significantly improve their posture and overall well-being with the right guidance and a commitment to change.

If you are struggling with neck or shoulder pain, give Hands On Physical Therapy a call and schedule a consultation to get the relief you deserve!

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NEED PHYSICAL THERAPY BUT YOUR BALANCE ISN'T WHAT IT USED TO BE?

AQUATIC THERAPY MAY BE JUST WHAT YOU NEED!

Improving balance and stability is a common goal of aquatic therapy. Immersing a person in water reduces the force of their body weight on their joints. Depending on the circumstances, aquatic therapy can eliminate between 20% and 100% of a person's body weight.

Contact Hands On Physical Therapy today to see if aquatic therapy is right for you.



EXERCISE OF THE MONTH

This exercise helps relieve shoulder pain.

SHOULDER EXTERNAL ROTATION STRETCH

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.



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



ACHIEVING THE IDEAL POSTURE

A ROADMAP TO OPTIMAL ALIGNMENT

As soon as someone says the word posture, people straighten right up, only to slump back down in a matter of minutes. Unfortunately, there are also a lot of misunderstandings about what "good" posture is.

At Hands On Physical Therapy, we understand that your "ideal" posture is based on your unique characteristics and life situation. Rather than compare you to someone else, we'll help you find the posture that creates harmony and balance in your body.

HERE'S AN OVERVIEW OF WHAT TO STRIVE FOR WITH POSTURE:

- **Head:** Your head should be positioned over the spine. This helps maintain the natural curvature of the cervical spine (i.e., the neck), ensures the head is neither leaning too far forward nor tilting backward, and prevents undue strain.
- **Shoulders:** Your shoulders should be gently pulled back and relaxed, not slouched forward. This posture opens the chest, allowing unrestricted breathing and optimal circulation.
- **Spine:** The spine exhibits three primary curves: cervical (neck), thoracic (mid-back), and lumbar (lower back). Good posture ensures these curves remain intact, avoiding excessive arching or rounding.

Our therapists will develop a personalized plan tailored to your unique needs based on the assessment. This plan may include exercises, stretches, and techniques to address specific posture-related challenges.

EMBRACE YOUR JOURNEY TO IDEAL POSTURE TODAY FOR A HEALTHIER TOMORROW

Ideal posture is about alignment, balance, and harmony within your body. Our therapists are your partners, helping you identify your unique ideal posture and providing the guidance and support needed to attain it.

Call today to set up a consultation with one of our specialists!

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Doing it will only go so far!

Contact Hands On Physical Therapy today to get back in the game!

ARE YOU LOOKING TO IMPROVE YOUR SPORTS PERFORMANCE, GET FASTER, STRONGER, AND HEALTHIER?

If so, Hands On Physical Therapy can help you reach your goals!

CALL TODAY!



"I have gained substantial mobility and range of motion..."

PATIENT SUCCESS SPOTLIGHT

"I have been greatly rewarded by the execution of the shoulder treatment plan outlined by Kathy, and executed by Deanna and Krishna. I have gained substantial mobility and range of motion with great attention, caring and professionalism by all involved. They constantly reevaluated my therapeutic needs and rendered care that resulted in a remarkable gain in flexibility and range of motion. Because of my progress with my shoulder, I have again chosen HOPT Zebulon for my knee treatment. I have confidence I will receive courteous, concerned and professional treatment in this area also. They are great listeners to your input! Thanks all!" —Paulette L.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

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Call to schedule. Expires 9/15/2024