


I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter



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

**FIX YOUR POSTURE AND
RELIEVE YOUR PAIN!**

***FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!***

(DETAILS INSIDE)



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Owner

www.innovativeptsolutions.com

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INSIDE:

Exercise To
Help With
Pain

Deep Tissue
Laser Therapy

★★★★★
5 Star Review

Quote of The Month:

"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book."

- Charmaine J. Forde

**CALL
TODAY!**

(315) 786-0655



YOUR POSTURE COULD BE THE CULPRIT BEHIND YOUR 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 Innovative Physical Therapy Solutions 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.

Some of the most common postural errors include:

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.

Continued inside.



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YOUR POSTURE COULD BE THE CULPRIT BEHIND YOUR SHOULDER PAIN

Continued from previous page.

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 Innovative Physical Therapy Solutions 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.

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!

(315) 786-0655



DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed No Expiration On Package Treatments – We Take Cash, Card, or Health Savings Account

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today!

We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Scan the QR code to learn more about Deep Tissue Laser Therapy today!



HEALTHY RECIPE



Patient Success Story

BQO CHICKEN TORTILLA PINWHEELS



INGREDIENTS

- 8 oz cream cheese, softened
- 1 c (4 oz) grated mozzarella cheese
- 1/2 c barbecue sauce
- 2 c diced chicken
- 8 ounces bacon, cooked & diced
- 1/2 c packed chopped fresh cilantro leaves
- 1/2 c finely chopped red onion, optional
- 1 tsp garlic salt
- Freshly ground black pepper
- 4 10-in flour tortillas

DIRECTIONS: In a large bowl, combine cream cheese, mozzarella, barbecue sauce, diced chicken, bacon, cilantro, onion (if using), garlic salt, and pepper until well-blended. Smooth the top of the cream cheese mixture in the bowl and use a butter knife to mark an "X" over the surface, thereby dividing it into equal fourths. Scoop 1/4 of the mixture out of the bowl and spread it over the entire surface of a tortilla. Roll up tightly. Repeat with the other three tortillas. Wrap each roll in plastic wrap and refrigerate until firm, at least 1 hour up to overnight. Use a sharp knife to cut rolls into 1/2-inch slices and serve.

<https://www.livehearthome.com/bbq-chicken-tortilla-pinwheels-appetizer-recipe/>

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My first ever physical therapy experience was here with Johnna and Nathan, and I **genuinely could not have asked for a better experience.** This team took such great care of me and **gave me all the "tools" needed to take care of my back pain.** I will forever be thankful for this facility! Front desk receptionists are so nice and **very flexible with scheduling** to help you however they can. If I ever need physical therapy again while in Watertown, NY, I will definitely be requesting this facility. - K. J.



We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

Scan the QR Code to visit our Google Review Page and share your story.



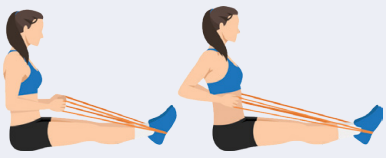
Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

This exercise helps to strengthen your shoulder muscles.

ROW | CLOSE GRIP (BAND)

Sit tall, back straight with band around feet. Row band to stomach, squeezing shoulder blades together. Keep elbows close. Don't lean backward. Repeat this 10-15 times.



Innovative PT Coupons

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CALL TO SCHEDULE TODAY!

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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 9/30/22