



# STRAIGHTEN UP: SHOULDER SECRETS REVEALED!

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 ReQuest 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.

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## 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 ReQuest 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!



**ReQuest**  
PHYSICAL THERAPY



CLICK HERE TO  
SCHEDULE YOUR  
APPOINTMENT  
TODAY!



## WHY REQUEST?

“I have been to 3 sessions and am very pleased with the knowledge and professionalism displayed by the staff. First of all I like the team concept and the inclusion of students on the team observing. Second, the cleanliness of the facility. And last of all is the proximity to the Health club. I'm there at least 3 times a week and I just work my treatment in with my daily routine. -Joe L

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## FREE PAIN SCREENING

# ReQuest

## PHYSICAL THERAPY

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Take your health to another level! Schedule an appointment at a location nearest to you.

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Expires 06-30-24

## 3 WAYS TO INVEST IN YOUR HEALTH

1. **Make sure to eat healthy.** Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.
2. **Exercise regularly.** We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.
3. **Get to sleep at a decent hour.** Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."



## HEALTHY RECIPE

### BLUEBERRY-MELON TUNA & VEGGIE CRUNCH IN THE KITCHEN WITH GARRETH

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

#### Ingredients

- ½ C celery, diced
- ½ C cabbage, diced
- 1 C red onion, diced
- 1 C cantaloupe, chopped in bite-sized pieces
- ½ C blueberries
- ½ grapefruit, peeled, sectioned then chopped
- 1-2 tbsp. fresh squeezed grapefruit juice
- ½ C raw nuts (pecans, walnuts, etc.), chopped
- 2 tbsp. (12-15 leaves) fresh mint or parsley, minced
- ½ C nonfat plain Greek yogurt or chopped avocado
- Ground peppercorns, to taste
- 1-2 5-oz. can(s) wild caught light tuna meat packed in water



#### Directions

1. In a medium bowl, add all ingredients except tuna. Stir well.
2. Open tuna can and drain water. Place tuna meat in bowl and flake with a fork.
3. Add flaked tuna to veggie and fruit mixture then stir until all ingredients are well combined.
4. Serve immediately or refrigerate at least 30 minutes to allow flavors to combine.
5. This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

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Ready to get strong?

**We're here for it!**

ReQuest  
PHYSICAL THERAPY

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story  
and leave your review. We look  
forward to hearing from you!

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## PHYSICAL THERAPY

### UNLOCKING THE POWER OF MUSCLE: HOW BUILDING FULL-BODY STRENGTH FIGHTS INSULIN RESISTANCE



The significant increase in chronic diseases related to metabolic syndrome is exploding in our nation. The number of people in the US who have diabetes has increased over 3-fold since I began practicing physical therapy 35 years ago. That statistic makes it a sure bet that many of my patients will have diabetes. As an important part of physical therapy intervention, I educate and assist my patients in the development of a program that will help control their blood glucose.

Research has demonstrated active muscle is the chief contributor of blood glucose removal and increases in whole body muscle mass lead to improved insulin sensitivity and decreased prevalence of diabetes. In one study each 10% increase in whole body muscle mass was correlated with a 12% relative reduction in pre-diabetes prevalence.

Exercise increases glucose uptake independent of the effects of insulin. Either aerobic, resistive or a combination has been shown to improve blood glucose levels. Exercise upregulates transport proteins that increase insulin sensitivity. It is interesting to note the effects of exercise go beyond expending energy and a few hours of increased glucose disposal. The effects of high intensity exercise improve blood glucose 1 to 3 days post-exercise in both diabetics and non-diabetics.

As a physical therapist, I select exercises for my patient that will activate as much muscle as possible. This will ensure that most whole body muscle mass is stimulated and will maximize glucose disposal. The additive effect on total glucose uptake and increased insulin sensitivity will allow you to get the most out of your time spent exercising. Using compound movements for resistive exercises such as chest press, leg press, rowing and lifting activities can achieve this effect. Aerobic exercises that work large muscle groups such as walking, cycling, and elliptical trainers are also good options.

To learn more about insulin resistance, ask your physician to refer you to Physicians' Choice for Weight Loss, a healthy lifestyle program offered at ReQuest Physical Therapy.

Jeff Gilliam, PT, PhD, OCS



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JUNE

# CLINIC NEWS

## WELCOME BACK!

We are so excited to welcome a fantastic therapist back to our ReQuest Physical Therapy family! Tommy worked with us as an exercise specialist during his undergraduate time at University of Florida. He recently graduated from the University of Saint Augustine as a DPT (Doctor of Physical Therapy) and will be returning as Dr. Tommy Madden. Tommy enjoys working with athletes of all ability and ages - from Little League to Pickleball.



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