



# NEWSLETTER

## ***A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER***

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 **Dresher 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.

### **QUICK ACCESS TO DRESHER PT! IN MOST CASES A DOCTOR'S RX MAY NOT BE REQUIRED!**

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed. In the state of Pennsylvania you have direct access to physical therapy! You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

*There are a few specific insurance situations where an RX is still required in PA. Call us if you have any questions!*



**TELL US ABOUT YOUR REHAB EXPERIENCE WITH DPT!**

**Help us help more people! Click  
here to leave your review today!**

# THE ROLE OF PHYSICAL THERAPY IN RESOLVING YOUR PAIN

**CALL FORT WASHINGTON 215.461.3688 OR BLUE BELL 267.458.5063 TODAY!**

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 **Dresher 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!

Sources: <https://trialsjournal.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.2020.8498>

## POSTURE VIDEO TIPS!



## MY PT STORY

I have been to Dresher PT for several Issues over the past 6 months. About 6 months ago, I struggled with shin splints and back pain. After determining no structural damage was involved, my doctor ordered physical therapy. I chose Dresher PT because of the great website, reviews, and the proximal location nearby where I live. First off, it was very easy to schedule. Chrissy at the front desk is always warm, welcoming, and very organized and efficient with scheduling appointments and making sure all the paperwork is up to date. I also find their technology for text reminder, etc., to be very helpful. My physical therapist was Matt with Jeff and Charlie also watching over to help if needed. Sometimes it felt like I had a group of cheerleaders rooting for my success and recovery. The exercises I was shown & taught were spot on to target and strengthen my problem area. I had many questions along the way. Matt was always willing to spend time educating me about the way the body works, which helped me to do the exercises correctly at home.

Some key things I learned along the way were "Motion is the Lotion" to my aging joints. In my often impatience to get better, Matt taught me that my recovery is a "Marathon not a sprint", which helped me to understand that the process of recovery takes time. In the end, it was all worth it, as I eventually returned to my normal daily patterns of exercise & activities of daily living without pain! Unfortunately, a different minor issue sidelined me again recently and I found myself back in PT. I was glad that Dresher PT made sure that the same team worked with me. Continuity of care was a top priority for them. I have complete confidence in the wisdom, experience, and care of the team at Dresher PT. Thank you for your part in helping me live my best possible life!!!

— Pamela B.





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## BACK BY POPULAR DEMAND **BONUS LASER SALE!!!**

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**FORT WASHINGTON P: 215.461.3688**

## **FIND OUT WHAT CLASS IV LASER THERAPY CAN DO FOR YOU!**

*Click the video below to learn more about our  
laser therapy services.*



**CLICK HERE TO SCHEDULE YOUR  
APPOINTMENT TODAY!**

## **DRESHER PT WILL GET YOU BACK ON THE COURT FAST!**



## **COMMON PICKLEBALL INJURIES**

- **ANKLE & WRIST INJURIES:** Rapid lateral movements, sudden stops, and quick changes in direction can lead to sprained ankles or wrist strains.
- **TENNIS ELBOW (LATERAL EPICONDYLITIS):** Repetitive paddle swings may cause tennis elbow, resulting in pain and inflammation on the outer part of the elbow.
- **ROTATOR CUFF INJURIES:** Overhead motions in pickleball can strain the rotator cuff, leading to shoulder pain, weakness, or limited range of motion.
- **KNEE INJURIES:** Constant bending and quick changes in direction increase the risk of knee issues such as tears or strains.
- **LOWER BACK STRAINS:** Twisting and bending during play may contribute to lower back strains.

## **HOW TO MASTER THE COURT**

Pickleball is a fast-paced and dynamic sport, and injury prevention is crucial for players to enjoy the game while minimizing the risk of setbacks. Here are the top 3 injury prevention tips for pickleball players:

- 1. COMPREHENSIVE WARM-UP:** Prioritize a thorough warm-up routine before each pickleball session. Incorporate dynamic stretches, light cardio exercises, and specific movements to increase blood flow, flexibility, and joint mobility.
- 2. FOOTWEAR SELECTION:** Choose appropriate footwear designed for pickleball courts. Good shoes provide stability, cushioning, and grip, reducing the likelihood of slips and falls.
- 3. LISTEN TO YOUR BODY:** Pay attention to fatigue, pain, or discomfort signals during and after playing. If you experience persistent pain, allow adequate time for rest and recovery.