

NEWSLETTER

MAY 2024



Kinect

PHYSIOTHERAPY



SCHEDULE
YOUR
APPOINTMENT

*Spring
is
here*

THE POSTURE PERSPECTIVE: **STRAIGHTEN UP!**

INSIDE:

HOW POSTURE
IMPACTS THE
SHOULDER

PATIENT
TESTIMONIAL

KINECT PHYSIO
HAVING FUN!

WAKE FOREST (919) 568-5035 • **KNIGHTDALE** (919) 759-6532

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THE POSTURE PERSPECTIVE: STRAIGHTEN UP!

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 Kinect Physiotherapy 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.

SPRING VEGGIE TART



INGREDIENTS:

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved lengthwise
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthwise with a mandoline
- 1 1/2 c goat cheese
- extra virgin olive oil
- balsamic vinegar glaze
- mixed herbs, to serve

DIRECTIONS:

Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 1" to create a large single sheet. Fold and pinch all four sides to make a 1" border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with paper towel. Scatter vegetables over tart and crumble goat cheese on top. Drizzle with oil and vinegar glaze. Sprinkle with mixed herbs.

Continued from outside.

- **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.

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 Kinect Physiotherapy 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>

KINECT PHYSIO HAVING FUN!

Got the crew together for a great afternoon of hanging out, eating some great BBQ from PRIME Barbecue, and throwing some axes at Epic Axe Throwing and Social House in Wake Forest. For the record, Chris Walters did come out on top in our individual competition. Congrats!



1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!

VISIT **KINECTPTNC.COM** FOR MORE INFO

STAFF SPOTLIGHT



ADDY MILLSAP, PTA

Addy graduated from South University with a Physical Therapy Assistant degree. She has been practicing physical therapy since 2018. Her career began at an Outpatient/Inpatient Hospital System setting for 3 years in Lexington, NC before moving to Raleigh in 2021.

Addy has experience in orthopedics, chronic pain, post-operative rehab, balance and proprioception, manual therapies/taping techniques, and sports injuries.

In her free time Addy enjoys spending time with family/friends/pets, going to the lake, going to the beach, kickboxing and hiking.

Refer A Friend!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

SCAN THE QR CODE
TO REFER A FRIEND!



PATIENT SUCCESS

“I highly recommend this facility they really take the time with you.”

I really want to thank them for the great job, they did in helping me get my shoulder movement back. After total reverse shoulder surgery. My therapist was Addy she really worked hard with me and was encouraging me and explaining the process at times when I felt like I was not doing my best or losing my confidence. I highly recommend this facility they really take the time with you.

- ROCHELLE P.



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PHYSIOTHERAPY

**COME
BACK TO
KINECT!**

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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