



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

## *Stand Tall & Live Pain-Free*



### ALSO INSIDE

**COMMON**  
POSTURE ERRORS

**COUPON**  
CORNER

**PATIENT**  
SUCCESS

[REBOUNDFITNESS.COM](http://REBOUNDFITNESS.COM)



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

*The Newsletter About Your Health & Caring For Your Body*

# POSTURE COULD BE THE CULPRIT BEHIND YOUR SHOULDER PAIN



**COME BACK TO PHYSICAL THERAPY! CALL 847.714.7400 TODAY!**

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 Rebound Fitness & Rehabilitation 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.

**REBOUNDFITNESS.COM | P: 847.714.7400**

# COMMON POSTURE ERRORS

**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.
- 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 Rebound Fitness & Rehabilitation 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.

## CALL TODAY TO SCHEDULE AN APPOINTMENT

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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5659804/> • <https://pubmed.ncbi.nlm.nih.gov/29985116/> • <https://www.frontiersin.org/articles/10.3389/fphys.2020.541974/full> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/> • <https://pubmed.ncbi.nlm.nih.gov/31789300/>

## Say Hello To Ryan



Ryan Swanson, DPT, CSCS

Ryan Swanson DPT, CSCS joined the Rebound Fitness team in 2021. He earned his CSCS from the NSCA in 2014 then began training athletes and the general population. His primary emphasis was improving athletic performance. Ryan went on to earn his Doctorate of Physical Therapy from Indiana University in 2020. He then started working as a physical therapist. Together his credentials give him the skills and knowledge to provide a full spectrum service for his clients/patients that can range from rehab to return to sport.

Learn more about our staff and book your appointment today by visiting us at: [REBOUNDFITNESS.COM](http://REBOUNDFITNESS.COM)



**START THE ROAD TO RECOVERY BY CALLING NOW!**

# Our Exclusive STRETCH BOOK

**NOW ONLY 25\$ + FREE SHIPPING**

USE CODE: NEWYEAR22

The Stretch Book: An Interactive Guide To Restore  
by Greg Cadichon ATC and John Brna MD Flexibility  
is available now!



A Great Resource To  
Living A Healthier  
Lifestyle!



Includes Stretches  
For All Major  
Muscle Groups!

Each stretch includes an instructional video to show you exactly  
what you need. Don't miss out on this limited time offer. Discount  
is only valid through 03.31.22.

For more information, visit us at: [REBOUNDFITNESS.COM](http://REBOUNDFITNESS.COM)

## We're Staying Safe!

The staff at Rebound Fitness & Rehabilitation is focused on  
keeping you healthy and our equipment and facilities clean. To  
prevent the spread of COVID-19, we want to also encourage  
our patients to help prevent the spread of coronavirus by:



**CLEANING  
HANDS  
OFTEN**



**AVOID  
TOUCHING  
YOUR FACE**



**STAYING  
HOME IF YOU  
ARE SICK**

## PATIENT SUCCESS

*"Fixed me up  
every time. Thank  
you so much!"*

"The owner and staff at Rebound  
know the human body better than  
anyone I've ever met. Fixed me up  
every time. Thank you so much!"  
— A.S.



## Are You Keeping Up With Your Appointments?

By ensuring you are staying on track with your  
physical therapy appointments you will stay on the  
road of better health and wellness. Consistency is  
incredibly important in order to achieve the results  
you want. Contact us today with any questions or to  
schedule your next appointment today!



**REBOUND  
FITNESS &  
REHABILITATION**

## Coupon Corner

**FREE 15 MINUTE  
DISCOVERY SESSION**

*Call To Schedule Today!*

WE LOOK FORWARD TO YOUR CALL:

**847.714.7400**

Offer valid for the first 20 people to schedule.  
**EXPIRES 03.31.22**