



connections
PHYSICAL THERAPY



[Request Appointment](#)

How Posture Affects Neck and Shoulder Health

Health & Wellness Newsletter

Meet Sarah, a middle-aged office worker who, like many of us, spends most of her workday sitting at a desk, typing away on a computer. Over the years, Sarah started experiencing persistent neck and shoulder pain that gradually began to affect her quality of life. Little did she know that her posture was a major part of the problem.

This is the story of how Sarah's journey to better posture relieved her neck and shoulder pain and improved her overall well-being.

The Postural Predicament

Sarah's days at the office involved long hours spent hunched over her computer engrossed in her work. Her posture was far from ideal, and she rarely paid attention to how she sat or the position of her neck and shoulders. Like many individuals in sedentary jobs, she was unaware of the consequences poor posture could have on her health.

The Painful Wake-Up Call

One day, Sarah began to experience nagging neck pain that radiated into her shoulders. At first, she dismissed

it as stress-related tension, but the discomfort persisted. Evenings were no longer enjoyable as the pain in her neck and shoulders made it challenging to relax or engage in her favorite activities. It was a wake-up call that something needed to change.

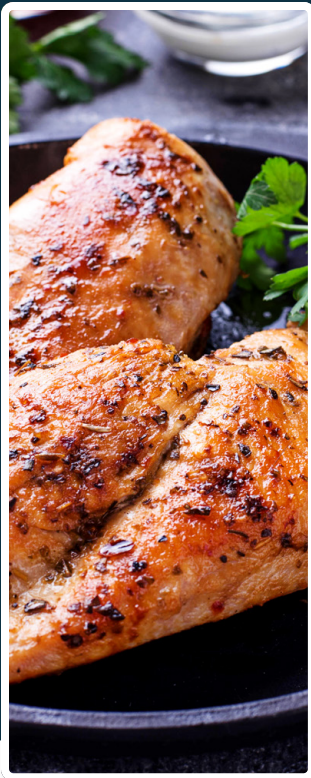
Seeking Professional Help

Frustrated with the persistent pain, Sarah decided to consult one of our skilled physical therapists at Connections Physical Therapy, who specialized in postural issues and musculoskeletal health. Her therapist began by comprehensively assessing her medical history as well as Sarah's posture and movement capabilities.

Understanding the Impact of Poor Posture

Her physical therapist explained to Sarah how her poor posture was contributing to her neck and shoulder pain. Sitting for prolonged periods with her shoulders slouched forward and her head tilted down had placed excessive strain on her neck and shoulder muscles. The therapist also noted that her spine's natural curvature was affected, further contributing to her pain.

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!



Feel Better by Eating Better!

Juicy Baked Chicken Breast

- 4 boneless, skinless chicken breasts
- 2 tsp olive oil
- 1 tbsp chili powder
- 1 tsp parsley flakes
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cumin

Preheat oven to 425 degrees F. Line a baking sheet with foil and spray with non-stick spray. Place the chicken breasts between two sheets of parchment paper and pound to an even thickness. Drizzle both sides of chicken with olive oil. Combine seasonings and sprinkle generously over both sides of the chicken breasts. Bake for 20 minutes. Remove from oven and cover loosely with foil for 5 minutes before slicing.

[Request Appointment](#)

The Treatment Plan

Sarah's physical therapist developed a tailored treatment plan to address her posture-related issues. The program incorporated various techniques and treatments commonly used by physical therapists to improve posture:

- **Postural Education:** The therapist educated Sarah about maintaining proper alignment during everyday activities. She learned to sit and stand with a straight back, aligning her head with her spine.
- **Exercises:** Sarah was given a set of exercises to strengthen her neck, upper back, and core muscles while stretching tight muscles. These exercises were designed to address muscle imbalances contributing to her poor posture.
- **Manual Therapy:** During therapy sessions, her physical therapist used manual techniques to mobilize Sarah's spine and alleviate muscle tension. These hands-on interventions helped improve joint mobility and relieve pain.
- **Ergonomic Assessment:** The therapist provided Sarah with recommendations for her workplace setup and how to make adjustments to promote better posture.

Sarah's journey to better posture was not without its challenges. It required commitment, consistency, and a willingness to change her daily routine. However, over time, she began to experience significant improvements.

As Sarah diligently followed her exercise routine and ergonomic recommendations, her neck and shoulder pain gradually subsided. She felt more alert and focused at work, which increased productivity. Her improved mood and reduced stress levels were additional benefits of her posture-enhancing journey.

Take Action Today for Better Posture and Health

Sarah's success story serves as a valuable reminder of how posture affects neck and shoulder health. Poor posture can lead to a variety of musculoskeletal issues, especially in office workers who spend extended hours sitting at desks. However, individuals like Sarah can significantly improve their posture and overall well-being with the right guidance and a commitment to change.

If you are struggling with neck or shoulder pain, give Connections Physical Therapy a call and schedule a consultation to get the relief you deserve!

Our Goal Is To Help You Reach Yours
[Click here to schedule your appointment!](#)



Source: <https://www.mdpi.com/2077-0383/10/24/5946>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>, [https://www.bodyworkmovementtherapies.com/article/S1360-8592\(22\)00076-6/fulltext](https://www.bodyworkmovementtherapies.com/article/S1360-8592(22)00076-6/fulltext)

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!

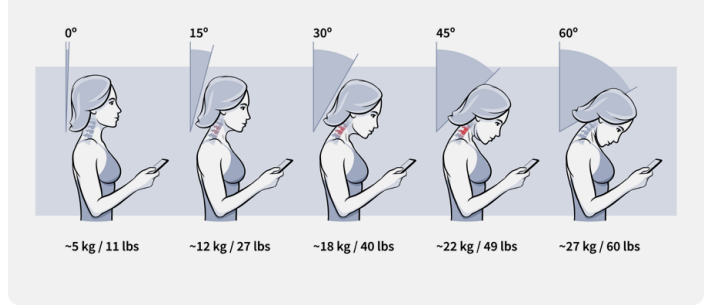
Achieving the Ideal Posture: A Roadmap to Optimal Alignment

As soon as someone says the word posture, people straighten right up, only to slump back down in a matter of minutes. Unfortunately, there are also a lot of misunderstandings about what “good” posture is.

At Connections Physical Therapy, we understand that your “ideal” posture is based on your unique characteristics and life situation. Rather than compare you to someone else, we’ll help you find the posture that creates harmony and balance in your body.

Here’s an overview of what to strive for with posture:

- **Head:** Your head should be positioned over the spine. This helps maintain the natural curvature of the cervical spine (i.e., the neck), ensures the head is neither leaning too far forward nor tilting backward, and prevents undue strain.
- **Shoulders:** Your shoulders should be gently pulled back and relaxed, not slouched forward. This posture opens the chest, allowing unrestricted breathing and optimal circulation.



- **Spine:** The spine exhibits three primary curves: cervical (neck), thoracic (mid-back), and lumbar (lower back). Good posture ensures these curves remain intact, avoiding excessive arching or rounding.

Our therapists will develop a personalized plan tailored to your unique needs based on the assessment. This plan may include exercises, stretches, and techniques to address specific posture-related challenges.

Embrace Your Journey to Ideal Posture Today for a Healthier Tomorrow

Ideal posture is about alignment, balance, and harmony within your body. Our therapists are your partners, helping you identify your unique ideal posture and providing the guidance and support needed to attain it.

Call today to set up a consultation with one of our specialists!

Let's get you better ASAP! Schedule your appointment today!



204 WORCESTER STREET
NORTH GRAFTON, MA 01536
TEL: 508-687-6908
FAX: 508-887-8991

406R WASHINGTON STREET
HOLLISTON, MA 01746
TEL: 508-263-0552
FAX: 508-429-4910

110 CEDAR STREET
WELLESLEY, MA 02481
TEL: 781-971-8112
FAX: 781-239-9965

325 AYER ROAD
HARVARD, MA 01451
TEL: 978-347-6896
FAX: 978-772-8102

215 HAMILTON STREET
LEOMINSTER, MA 01453
TEL: 978-540-8252
FAX: 978-558-4916

6 MAIN STREET
MEDWAY, MA 02053
TEL: 508-812-9743
FAX: 508-321-1902

125 HIGH STREET UNIT 8
MANSFIELD, MA 02048
TEL: 508-794-3818
FAX: 508-261-9203

6 COTTAGE STREET
PEPPERELL, MA 01463
TEL: 978-969-9299
FAX: 978-433-0047

2 MILLBURY BOULEVARD
OXFORD, MA 01540
TEL: 508-690-5208
FAX: 508-731-6564

730 MAIN STREET, UNIT 2D
MILLIS, MA 02054
TEL: 508-306-8709
FAX: 508-376-0885

10 LONGWOOD DRIVE
WESTWOOD, MA 02090
TEL: 781-209-6268
FAX: 781-326-0661

**Don't Just Tolerate
Pain, Relieve It!**

**Request
Appointment**

93 STAFFORD STREET
WORCESTER, MA 01603
TEL: 508-504-7816
FAX: 508-859-7208

3001 E MAIN ROAD
PORTSMOUTH, RI 02871
TEL: 401-680-6851
FAX: 401-680-6852

529 MAIN STREET
ACTON, MA 01720
TEL: 978-982-2110
FAX: 978-881-0091

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!