ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER

Request Appointment



Sarah's Journey

HOW POSTURE AFFECTS NECK AND SHOULDER HEALTH

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 Rocky Mountain 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.

FREE PAIN CONSULTATION

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CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule. **Expires 09-15-24**

The Treatment Plan at Rocky Mountain Physical Therapy

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 Rocky Mountain Physical Therapy a call and schedule a consultation to get the relief you deserve!

EXERCISE ESSENTIALS

SHOULDER EXTERNAL ROTATION STRETCH

Helps strengthen your shoulder.

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.



Always consult your physical therapist before starting exercises you are unsure of doing.

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BROOMFIELD
16677 Lowell Blvd, Unit 101
Broomfield, CO 80023
Phone: (720) 637-1131

CENTRAL FORT COLLINS
1307 E. Prospect Rd. Suite 120
Fort Collins, CO 80525
Phone: (970) 660-6766

GREELEY
6200 W. 9th St. Unit 5
Greeley, CO 80634
Phone: (970) 436-4617

JOHNSTOWN
111 S. West First St. Unit A
Johnstown, CO 80534
Phone: (970) 510-8261

LOVELAND
289 E. 29th St.
Loveland, CO 80538
Phone: (970) 436-4496

SOUTH FORT COLLINS
2121 E. Harmony Rd.
Building A1, Suite 310
Fort Collins, CO 80528
Phone: (970) 510-8262

THORNTON
9195 Grant St., Suite 100
Thornton, CO 80229
Phone: (720) 637-1167

WINDSOR
1159 Main St. Suite A
Windsor, CO 80550
Phone: (970) 579-7689

GREELEY (PEDIATRIC)
1931 65th Avenue, Suite C
Greeley, CO 80634
Phone: (970) 510-8275

WINDSOR (PEDIATRIC)
4650 Royal Vista Cir., Ste. 100
Windsor, CO 80528
Phone: (970) 510-8212

Visit Us Online www.rockymtnpt.com or Call Today!

PATIENT SUCCESS STORIES

"Best physical therapy office I've ever worked with. Kristin, Whitney, and Brittany have all helped me make more progress in one 30 minute session than I did in a whole month at previous offices. I definitely recommend them to everybody." — Jordynn W.

"Update 7/1/24: It's a month later and I can hardly believe the lasting effect that Rocky Mountain Physical Therapy has had on the quality of my life. I went in there a crippled old woman and I came out in better shape than I could have ever imagined. Christina S. and Brianna helped me to attack the pain and work it out. They gave me skills that helped to get me out of pain.

My mobility and my joy in life have improved substantially. I highly recommend this place and I will be forever grateful for all of the staff and all of their contributions to my healthcare.

They work as a well coordinated team that is in seamless harmony. The best day of physical therapy was the day when I turned the corner. Christina had me do some back stretching exercises and at the end of treatment all of my pain was gone. I was ready to run out of the door. I felt energy and hope. I was afraid that all of that pain would return but, it didn't return. Was it a miracle? I don't know. I just remain forever grateful. Keep up the great work you wonderful professionals!" — Cari C.

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!



REVIEWS

rockymtnpt.com

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 Rocky Mountain 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.

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