



**MARCH 2023**



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# HOW POOR POSTURE CAUSES PAIN AND TIPS TO FIX IT

*ProClix Tarrytown Physical Therapist Dr Elizabeth Bynum working with this patient to strengthen her upper back to improve her shoulder pain & posture*

**ALSO INSIDE** • How Poor Posture Can Lead To Pain  
• ProClix Treatments • Exercise Of The Month



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

**NEWSLETTER**

**MARCH 2023**



# HOW POOR POSTURE CAUSES PAIN AND TIPS TO FIX IT

Are you suffering from daily or recurrent aches and pains? Have you noticed your back and neck are stiff and sore at the end of the day? If so, poor postural habits may be the culprit. Our physical therapists, chiropractors, massage therapists, and acupuncturists at ProClinix Sports Physical Therapy & Chiropractic can help determine the source of your aches and pains and give you the solutions you have been looking for!

Most of us spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These improper postures stress the neck and back, especially when we are slumped, tilted forward, or looking down for prolonged periods.

In most cases, the worse your posture is, the more intense your back and neck pain can become. Once your body gets used to poor posture, making a quick adjustment back into a good posture becomes more challenging.

Fortunately, there are effective solutions! With guidance from our ProClinix Sports Physical Therapy & Chiropractic physical therapists, chiropractors, massage therapists, and acupuncturists, we can teach you how to correct your posture and relieve it before it becomes a significant problem!

Call today to request an appointment!

## HOW POOR POSTURE CAN LEAD TO PAIN

Posture refers to the position(s) of a person's body in space. Prolonged postures, like sitting or standing for long periods, often

lead to stiffness and soreness in the spine.

In the upper part of the spine, slouching will typically lead to a forward-head posture. This, in turn, causes strain on the neck muscles and joints, resulting in pain in the neck and upper back, and may even lead to arm pain or chronic headaches.

Slouching also affects the mid-back by altering the way your ribs naturally align. Over time, sitting and standing like this day after day may cause restrictions in your ability to expand your rib cages resulting in abnormal pressure on your lungs, heart, and digestive system.

Slouching posture causes increased pressure on the lower back discs and restricts the mobility and flexibility of the hip and leg muscles. These tensions can impair the pelvis and spine movement, leading to lower back pain.

Constant slouching or hunching leads to stress and strain on the joints and tissues, and you experience pain. The good news is that by working with our team of specialists, you can improve your posture and avoid or overcome neck and back pain.

## HOW OUR INTEGRATED TEAM CAN HELP YOUR POSTURE

After years of practicing poor postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a straight posture challenging. Here are a few steps you can take to try and help:

*Continued inside >>*

**ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**

Continued from outside >>

**Sit properly:** If you are at a desk for extended periods of the day, make sure you scoot your buttocks to the back of the chair and sit upright with your back against the chair's backrest. Use a lumbar support to make sure you maintain the upright position.

**Take breaks:** If you are an office worker, most of the day is spent sitting behind a computer. It is vital to make sure that you get up every 30-45 minutes and take a short walk, at least for a minute or two.

**Exercise:** Exercise is essential, primarily if your job requires several hours of inactivity. Taking the time to walk (or jog) around the neighborhood daily or commit to strengthening will reduce the risk of injury to your neck and back.

No matter what aches and pains you are dealing with, our team will help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

### WHAT TO EXPECT AT YOUR PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC VISITS

After a comprehensive evaluation and physical examination, our integrated team is skilled at treating symptoms related to poor postural habits. We will evaluate your posture to determine the best treatments necessary for you, and then they will create a treatment plan unique to your needs.

We will educate you on how regular physical activity and individualized exercise programs can reduce pain, prevent the condition from worsening, and improve daily function. In many cases, choosing specific manual techniques and designing appropriate strengthening, mobility, and postural exercises will improve your function without aggravating your pain.

At ProClinix Sports Physical Therapy & Chiropractic, our integrated team of physical therapists, chiropractors, massage therapists, and acupuncturists will collaborate to design a suitable program for your specific situation!

### CALL TODAY TO REQUEST AN APPOINTMENT!

Addressing your posture early on is the best way to prevent an issue from becoming more debilitating. If you are experiencing pain and think it may result from your posture, give ProClinix Sports Physical Therapy & Chiropractic a call today and request an appointment with our specialists!

Sources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
- <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/>
- <https://www.mdpi.com/2673-7078/1/2/18>
- <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01317/full>

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM



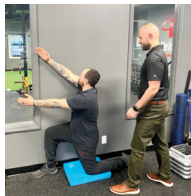
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# EXERCISE OF THE MONTH



## T-Spine Wall Rotation Stretch

**What Does It Do?** – Proper execution of this drill takes the lower back out of the equation (where we DON'T want any movement) and instead targets the mid-back (where we DO want movement).



**Key Cues:** Kneel next to wall with the closest knee up. Start with your hands in front of you. From there, with your palm facing out, try to trace a circle on the wall rotating/extending as far as your mobility allows.



Once you hit "12 O'clock" with your hand moving up the wall, slowly rotate your hand to face the wall.

When you reach end-range, perform an exhale (out of the mouth). Return back to starting position, inhale (via the nose), and repeat the same process for 3-5 reps/side.

## JOIN US ON YOUTUBE!

Check out our Youtube channel to stay up to date with what's going on at ProClinix! We include videos covering topics such as exercises, meet the experts, patient testimonials and more!

**Scan the QR Code at right to be directed to our page! Start taking control of your life!**



*Scan to visit our page!*

# WHAT ARE TRIGGER POINTS & HOW TO ADDRESS THE PAIN!

By Dr Stephanie Kim, DNP, FNP-c

Did you know that there are nearly 600 different muscles in our body? Each one with a specific purpose that works in conjunction with our joints to perform daily tasks. Whether we realize it or not, our muscles are constantly being worked. Their function is to contract and relax reflective of the movement. While we breathe, those inter-costal muscles between each rib are expanding and contracting. When sleeping, we change positions from our right side to our left, our torso and limbs are being maneuvered with the use of those muscles. The muscles in our neck and shoulders are holding up our head all day while we are looking down at our cellphones. We are sitting at our desk for long periods of time and when we get up to stand, we feel the stiffness in our back from the crooked posture we sat in. We started working out again and realized stretching should've probably been done prior to and afterwards. Sometimes, even something as simple as sneezing the wrong way can cause those same muscles to contract and stay contracted. All of a sudden you feel tightness and pain in your shoulders or in the low back as you rub the area out of habit. If you know what I mean, those are trigger points!



If you want to read more about trigger points and how to address the pain, scan the QR code to be taken to our blog post!



# SCHEDULE YOUR APPOINTMENT TODAY!

Scan the QR Code to request an appointment and start your journey towards your best self!



## WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

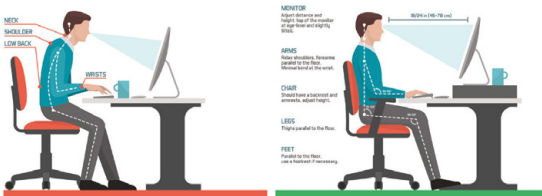
At ProClinix Sports Physical Therapy & Chiropractic, we offer a wide range of services to be sure that your needs are met!

**Our services include:**

- Active Release Technique
- Graston Techniques
- Acupuncture
- Chiropractic services
- Massage Therapy
- And more!

Let us help you live a more active life!

Call us at 914.292.0208 or visit our website at [www.proclinux.com](http://www.proclinux.com) to book your appointment today!



WRONG SITTING POSTURE

CORRECT SITTING POSITION

**Take control of your health in 2023!**

Visit us online at

[WWW.PROCLINIX.COM](http://WWW.PROCLINIX.COM)

**And make your pain a thing of the past!**

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