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**AUGUST 2024**



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 We accept most major insurance plans including Workers' Compensation & No Fault / Motor Vehicle Injury Cases.

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# A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

*Dr. Stephen Brunbok, PT, DPT, CSCS located at our Larchmont location*

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# A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

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). The scientific term for this is “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 that the multidisciplinary team at ProClinix Sports Physical Therapy & Chiropractic has 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.
- **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 with us to identify your specific needs and design a tailored treatment plan that addresses your situation.

## HOW WE CAN HELP RESOLVE YOUR SHOULDER PAIN

The ProClinix Sports Physical Therapy & Chiropractic team consists of physical therapists, chiropractors, massage therapists, and acupuncturists, all of whom work together to create a personalized treatment plan to address your discomfort.

*Continued inside >>*

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

# ARTICLE OF THE MONTH

## Warming-Up: The Key to Injury Prevention

By Melanie Mandel, PTA



As we dive into the summer months, many people tend to be more active, which usually means that people begin to spend more time outdoors swimming, running, walking and biking. An increase or change in activity can elicit and cause more injuries because our bodies are not accustomed to a new workout routine. Having an appropriate warmup/cooldown routine, and gradually increasing intensity and volume, can assist in preventing injuries. There are multiple reasons why warming up is the safeguard to injury prevention.

A proper warmup is necessary for increasing blood flow and temperature and for ensuring that oxygen reaches our muscles, thereby optimizing muscle efficiency. This can assist in reducing pain and stress on our joints and muscles and can improve performance. Another benefit of warming up is reducing the risks of strains, sprains and other soft tissue injuries by promoting muscle elasticity.

Flexibility training focuses on the capacity of muscles to lengthen and stretch passively through a range of motion. It is also crucial however to address joint mobility as well, for overall health and fitness. Mobility addresses the active and controlled movement of joints through their full range of motion.

Improving one's mobility can influence the body to function better and specifically targets movement patterns that are fundamental to daily life as well as specific types of athletic performance. Mobility training is an integral part of a warmup and consists of exercises designed to improve range of motion, muscle coordination, neuromuscular control and stability. It is important however, not to sacrifice joint stability to get more mobility. Along with stretching, strengthening exercises are also incorporated into a mobility training routine and can assist in preventing muscle imbalances.

Dynamic stretching, an aspect of mobility training, can often be more beneficial compared to static stretching when beginning your exercise routine. Dynamic stretching is more functional and mimics the type of workout that you will be doing. It involves controlled movements that take your muscles and joints through their full range of motion and involve continuous movements. Examples include arm circles and leg swings.

A warmup should gradually increase in intensity, but should be about 40-60 percent of your maximum workout. In other words, on a scale from 1-10, the activity should be between a 4 and a 6 (1 being you're not trying at all and 10 being your max effort.) The warmup should be anywhere between 5-15 minutes. It is important to add sports specific movements for a more intense workout. Always make sure to modify the routine if having any pain or discomfort.

Examples of a warmup include:

- Bringing your knee to your chest
- Lunging and twisting
- Inch worm
- Straight leg kicks with arm reaches.

In conclusion, a warmup is a great protective mechanism and can offer you the best mechanical advantage, which can minimize the risk of becoming injured.

*Melanie Mandel, PTA is located at ProClinix Sports Physical Therapy & Chiropractic in Ardsley. For more information about this article, Melanie can be reached at [mmandel@proclinix.com](mailto:mmandel@proclinix.com). Please visit our website [www.proclinix.com](http://www.proclinix.com) to learn more about our services.*



### Continued from outside >>

The first step is a comprehensive evaluation. We 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, we'll then 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.

If necessary, we can provide acute pain relief through massage therapy and/or acupuncture, which can make it easier for you to work through your treatment program.

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 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 hold and move 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 ProClinix Sports Physical Therapy & Chiropractic 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!

**CALL US TODAY!**  
**914.292.0208**

**WWW.PROCLINIX.COM**

# [ BEST OF WESTCHESTER ]

Thank you to our incredible patients, family, friends, and community members for helping us achieve Best of Westchester for THREE categories this year...

- Physical Therapy
- Chiropractic Care
- Acupuncture

We are humbled to receive the Best of Westchester award for the 5th consecutive year and will continue to ensure that every patient feels they made the right choice in selecting us. It is our greatest priority to provide the exceptional care you and your loved ones deserve.

We are also excited to announce that we are now offering our health services in SEVEN locations within Westchester County: Ardsley (House of Sport), Armonk, Larchmont, Pleasantville, Tarrytown (The JCC), West Harrison (LifeTime), and Yorktown Heights.

Our patients are the reason we strive for excellence every day and we are truly grateful for the opportunity to be part of your healthcare journey. Your support is unparalleled.



## 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
- Trigger Point Injection
- 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!

## 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!



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