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MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



THROW OUT YOUR PAIN, NOT YOUR SHOULDER!

INSIDE:

- How Posture Affects the Shoulders
- Benefits of Spring Cleaning
- Healthy Recipe
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INSIDE:

- How Posture Affects the Shoulders
- Benefits of Spring Cleaning & How to Build Immunity
- Spring Asparagus Risotto
- Patient Success Story



THROW OUT YOUR PAIN, NOT YOUR SHOULDER!

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 MMA & Sports Rehab to schedule an appointment and discuss your treatment options.

How Posture Affects the Shoulders

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.

Some of the most common postural errors include:

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.

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.

<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/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/>

Healthy Recipe Spring Asparagus Risotto

Ingredients

- 4 cups (1-inch) slices asparagus
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

Directions

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.



CALL TODAY! (703) 289-0388

Benefits of Spring Cleaning & How to Build Immunity

Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America. A 2014 study by the American College of Allergy, Asthma, and Immunity found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

Better Heart Health. If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone

else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Get a Better Night's Sleep. Do you have trouble sleeping at night? The National Sleep Foundation found in a recent poll that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

ncli.nlm.nih.gov/pubmed/19934011
parsleyhealth.com/blog/health-benefits-spring-cleaning

COME BACK TO PHYSICAL THERAPY

*Are you still experiencing nagging pain?
MMA & Sports Rehab is here to help.
Give us a call today to schedule your next appointment!*

(703) 289-0388

Patient Success Story

"Thus far, this place has been great. I have Kaiser insurance and you have to use Kaiser PT. Their schedule is super limited so I sought out-of-pocket physical therapy to supplement my insurance-covered therapy.



I pay out of pocket for each visit but it is completely worth it. I am a boxer and had labrum surgery done on my shoulder and these guys brought me back. My recovery is not done (I am 2.5 months post-op) but having two therapists work on me simultaneously, I can easily say MMA and Sports is miles above my primary therapist.

I wish I could completely switch and have insurance cover, but that's not possible. Do not hesitate, these guys are the best." **-Harout D.**

Clinic News



MMA & Sports Rehab has won the Best Physical Therapists in Arlington award for the 5th year in a row. We would like to thank our beloved patients, well-wishers, and our MSR family. Thank you for trusting us with your health so we can continue to provide exceptional care. Thank you!

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