



MedRehabGroup  
PHYSIOTHERAPY

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

*Did You Know...*

**YOUR  
POSTURE  
COULD BE  
THE CULPRIT  
BEHIND  
YOUR  
SHOULDER  
PAIN**

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PHYSIOTHERAPY

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

**FIX YOUR  
POSTURE  
AND RELIEVE  
YOUR PAIN!**



*Did You Know...*  
**YOUR POSTURE  
COULD BE THE  
CULPRIT  
BEHIND YOUR  
SHOULDER PAIN**

**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 physiotherapists 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 MedRehab Group to schedule an appointment and discuss your treatment options.

## HOW POSTURE AFFECTS THE SHOULDERS

Shoulders are a common area for pain when you slump. When we slouch or hunch too much, the muscles and tendons are being worked in ways that they are not used to. This position also leads to stress on the joints, which can cause inflammation and pain.

Many patients who seek physiotherapy 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,

*(Continued On Next Page)*



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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.

You can also use a lumbar roll to help you maintain the proper form. Place the roll, or roll up a towel, in the small of your lower back. This prevents your lower back from rounding into the chair and helps you stay tall.

## HOW PHYSIOTHERAPY CAN HELP

Our physiotherapists at MedRehab Group are dedicated to helping you achieve your highest level of physical ability. Improper posture can be a difficult habit to break, but our staff will use the most comprehensive approach to address your needs and determine the specific problem areas of your posture.

We will then determine the best course of treatment for your needs, and we will assist you in the necessary exercises and therapies that will ease your body into its intended posture once again.

**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.**

**We'll get your posture back where it belongs and help you feel good again!**



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Exciting News!

**We're thrilled to announce that Georgetown Medrehab Group Clinic has officially become the most trusted brand for local business services, winning the prestigious 'Best Business in 2024' award!**

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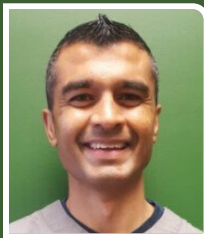
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# MEET ME

## AT MEDREHAB GROUP

Meet Castra, Our Exceptional Physiotherapist in Georgetown! We take pride in introducing our skilled and dedicated physiotherapist, Castra, who has garnered positive ratings from the vibrant Georgetown community!

Castra is a Registered Physiotherapist. He has been working in outpatient orthopedics since 2006. His approach to treatment is hands-on and active. Assessments and sessions are customized to each patients' needs for work, home, and recreation. Sessions also include important information for educating patients about the cause, treatment, and prevention of injury and conditions. He enjoys working with our patients and seeing the progression and improvement they experience.



**CASTRA BAHADOOR**  
Registered Physiotherapist

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## Our Patients Get Great Results!



"The team at the Richmond Hill — Vaughan location are kind, professional, and knowledgeable. I've been a patient at this location for several weeks, and every experience has been a benefit to my well being. Elisabeth is a master at providing a "headache free" experience. I am currently under the exceptional care of Noel, Carl, Alla, Craig, and Larissa. All highly skilled physio and massage therapists. Thank you for all that you do for me!" — **Mari F., 5-Star Google Review — Richmond Hill Clinic**

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