

Sarah's Journey
**HOW POSTURE
AFFECTS NECK
AND SHOULDER
HEALTH**

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Erica's TOP 5 GO-TO SPOTS TO EAT IN DOWNTOWN TORONTO



Sarah's Journey

HOW POSTURE AFFECTS NECK AND SHOULDER HEALTH

THIS IS THE STORY OF HOW SARAH'S JOURNEY TO BETTER POSTURE RELIEVED HER NECK AND SHOULDER PAIN AND IMPROVED HER OVERALL WELL-BEING.

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.

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 PhysioPlus Health Group, 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.

Continued inside.

**REQUEST AN APPOINTMENT TODAY, AND LET US
HELP KEEP YOU MOVING SAFELY!**

CALL 647.484.3345 TODAY!

www.physioplushealth.com

NOW AVAILABLE

IN-HOME PHYSIOTHERAPY

We know that mobility or transportation issues can sometimes make it difficult to get to our clinic. And that's why we're making it easier for you...we're bringing the clinic to your home!

We can help you with:

- Post-Surgical Rehab
- Muscle & Joint injuries/pain
- Arthritis
- Vertigo & Dizziness
- Fractures
- Seniors Care (fall prevention, general weakness & deconditioning)
- Post-stroke or Concussion Rehab

Call (647) 484-3345 to schedule an In-Home appointment with us today!

EXERCISE ESSENTIALS

SHOULDER EXTERNAL ROTATION STRETCH



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.

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The Treatment Plan at PhysioPlus Health Group

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.

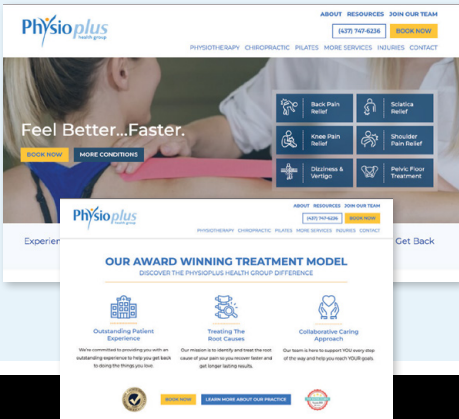
If you are struggling with neck or shoulder pain, give PhysioPlus Health Group a call and schedule a consultation to get the relief you deserve!





**PATIENT GRADUATION!
CONGRATULATIONS
PATRICIA — PAIN FREE**

**CHECK OUT OUR
UPDATED WEBSITE
physioplushealth.com**



FREE PELVIC FLOOR WORKSHOP

What: Live Online Workshops
Where: On a Secured Zoom Webinar
When: Wednesday March 20th, 12pm
Price: FREE!

Do you or someone you know experience...

- Pelvic, hip, or low back pain with sleeping, walking, or prolonged standing
- More frequent urination or straining on the toilet
- Leaking with sneezing, coughing, laughing, or exercising
- A feeling of heaviness or pressure within the pelvis
- Abdominal separation
- Difficulty with postnatal exercise

Our pelvic floor physiotherapists have helped thousands of women overcome a wide variety of issues, all through assessment and treatment of the pelvic floor!

You'll learn about why pelvic floor physiotherapy is a safe and effective solution to your problem, plus so much more, including:

- Top prenatal and postnatal issues treated with physio
- 3 Most common causes of pain and incontinence
- Debunking myths about the body during pregnancy
- The difference in physiotherapy post vaginal delivery vs C-section
- How to get back to exercise and daily activity postpartum
- **And a LIVE Q&A to get answers to your questions!**

Wednesday March 20th, 12pm

**The workshops are free but space is limited.
To register or for more information, call:**

(647) 484-3345



Or scan the QR Code to register online.

Physioplus
health group

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 PhysioPlus Health Group, 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.

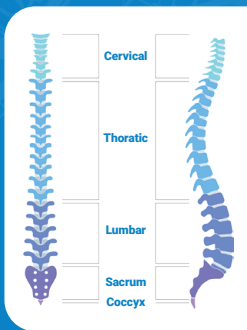
Here’s an overview of what to strive for with posture:

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.

Call today to set up a consultation with one of our specialists!





ERICA'S

TOP 5 GO-TO SPOTS TO EAT IN DOWNTOWN TORONTO



1. Impact Kitchen

Quick, easy but healthy lunch and snack options. My favourites on the menu are the poke bowl, oasis smoothie and their mushroom or beef bone broth! They have multiple locations in areas such as Summerhill and Liberty Village but the location you can catch me at is their Adelaide location which is right across the street from Othership.

2. Chubby's Jamaican Kitchen

Authentic and tasty Jamaican food with amazing and fun drinks as well. My go-to order is their jerk wings. Located at Portland & Adelaide.



3. Gusto 101

Located right across the street from Chubby's is this delicious Italian restaurant. I love their Mafalde Ai Funghi which is a mushroom pasta dish with truffle cream sauce. Delicious!



4. Melrose on Adelaide

This is my absolute favourite spot to go out to with friends. The atmosphere is contemporary and relaxing, the music is always a hit and the food and drinks are exceptionally tasty. I always order their House Charcuterie board to share for the table.



5. The Haam

My new favourite sushi spot in the city! I just went to this restaurant for the first time not too long ago and it was definitely added to my roster. Super fresh tasting and their maki roll sizes were huge! They are located just east of Spadina & Adelaide.



Call (647) 484-3345 to schedule your consultation today!

