

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.

This is the story of how Sarah's journey to better posture relieved her neck and shoulder pain and improved her overall well-being.

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 Marketplace Physical Therapy, 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.

The Treatment Plan at Marketplace Physical Therapy

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 Marketplace Physical Therapy a call and schedule a consultation to get the relief you deserve!

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PATIENT SUCCESS SPOTLIGHT

"I have been going to Marketplace Physical Therapy in Riverside for the past four weeks three times a week. I am receiving physical therapy for a knee replacement. Megan is my physical therapist and she is amazing. She takes her time. She helps me to deal with the pain and she motivates me, I have improved so much in the past four weeks by going to Marketplace Physical Therapy." – D.M.

**SCHEDULE YOUR
APPOINTMENT
TODAY!**



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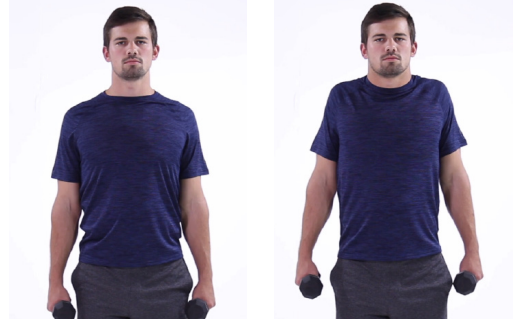
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Redlands, CA 92373
951.349.4741

Beaumont 1620 E. 2nd St.
Beaumont, CA 92223
951.482.8264

EXERCISE ESSENTIALS

SHOULDER SHRUGS (WEIGHTS)

Stand upright with dumbbells in your hands and your arms straight by your sides. Slowly shrug your shoulders diagonally up and back in a straight line. Feel the contraction in your upper back just below your neck. Repeat 3 sets of 10 reps.



 PT WIRED
www.ptwired.com

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

SEASONAL RECIPE

EGGPLANT PIZZA BITES

Ingredients

- Olive oil spray
- 1 large eggplant unpeeled (1 ¼ lbs.)
- ½ teaspoon Diamond Crystal kosher salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon garlic powder
- ½ cup marinara sauce
- ½ cup part-skim shredded Mozzarella



Directions

- Preheat the oven to 450 degrees F. Line a large rimmed baking sheet with foil and spray it with olive oil.
- Slice the eggplant crosswise into ½-inch-thick rounds, yielding about 12 rounds. Place the eggplant rounds on the prepared baking sheet. Spray them with olive oil spray. Sprinkle with kosher salt, black pepper and garlic powder.
- Bake the eggplant rounds for 10 minutes. Remove from the oven, turn them over, spray with more olive oil, and bake for 10 more minutes.
- Remove the pan from the oven but leave the oven on. With a spoon, spread marinara sauce on each eggplant round. Top with shredded cheese. You can add more toppings at this point, such as pepperoni or olives.
- Return the pan to the oven. Bake just until the cheese is melted, about 5 minutes. Let rest 5 minutes before serving.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT
story and leave your review.
We look forward to hearing
from you!

 **REVIEWS**



www.marketplacewellnesscenter.com



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