

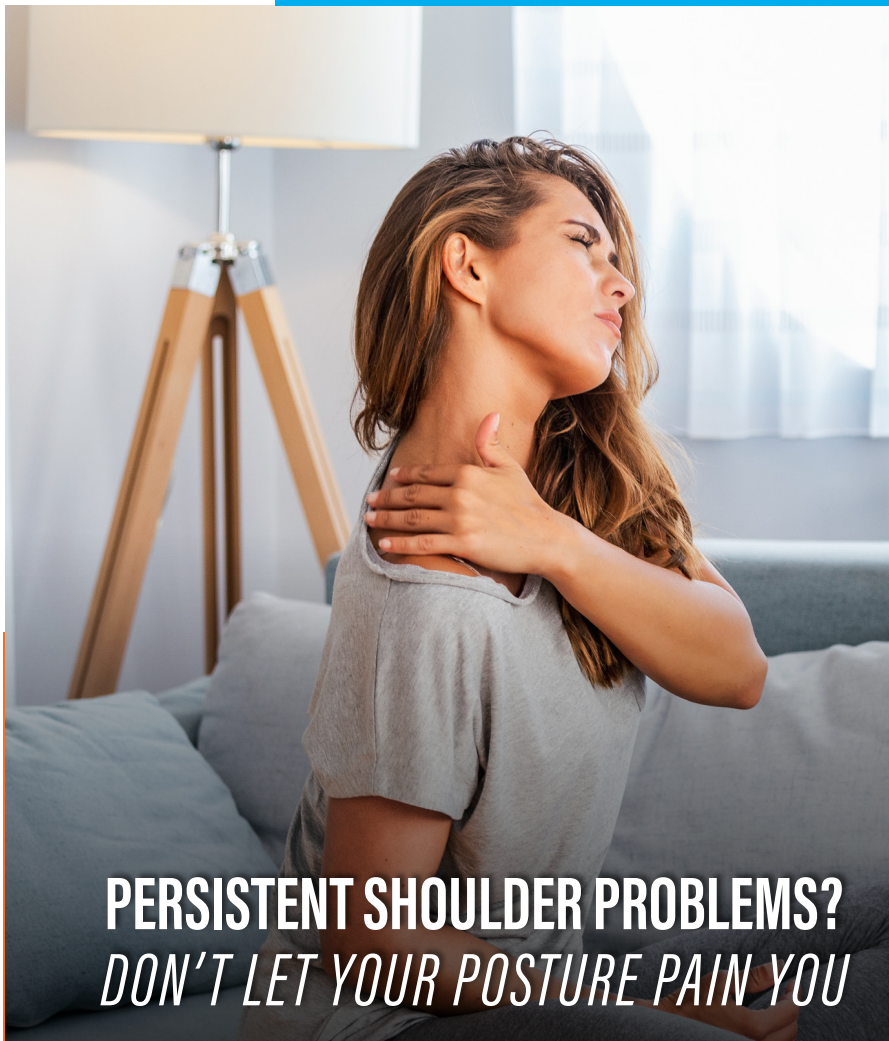


LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

NOVEMBER 2021



PERSISTENT SHOULDER PROBLEMS? *DON'T LET YOUR POSTURE PAIN YOU*

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PERSISTENT SHOULDER PROBLEMS? *DON'T LET YOUR POSTURE PAIN YOU*

Do you have a daily struggle with shoulder or shoulder blade pain? Do normal tasks, such as sitting at your desk, reaching, or standing to cook dinner, cause a flaring pain between your shoulder blades or in the tissues between your shoulder joint and neck? Chances are, this discomfort could be due to your neck. If you believe your posture and positioning could be contributing to your shoulder pain, call Leaps and Bounds to schedule an appointment and discuss your treatment options.

HOW DOES SHOULDER PAIN COME FROM MY NECK?

The shoulders and shoulder blades are common referral areas for tissues of the neck - the joints, muscles, or nerves. Just think about other tissues that refer pain, like the heart referring to the jaw or arm when someone is having a cardiac event. Even though there is no physical damage in these areas, we know that if pain is experienced there, it could be more than meets the eye. In a similar fashion, for example, when we slouch/hunch or lean forward too much, the strain put on the tissues in your neck can refer pain to the shoulder and shoulder blades as well. So your therapist should do their due diligence and screen your spine thoroughly when you have complaints of shoulder pain. Many patients who seek out therapy for their shoulder pain, may have been told they have "shoulder impingement" or a rotator cuff problem. You may experience pain when sleeping in certain positions, reaching for something, or moving your shoulder to wash your hair or get dressed. The neck, as we

briefly mentioned, could be one source of shoulder pain. Other causes could be related to:

- sustained postures and positions (i.e. immobility)
- trauma
- overuse, or repetitive strain
- osteoarthritis
- weakness

COMMON POSTURE ERRORS:

Left untreated, sustained neck and shoulder postures and positions can lead to long-term effects in your tendons, muscles, joints, or nerves. The most common contributing position is kyphosis, or "postural hunchback," in which the shoulders are excessively curved and head/neck leaning forward. Some common errors in posture (and how to fix them) are:

1. Slouching in a chair. It is so simple to do, and we all do it. We're sitting at work, and around hour 4 we get tired. We slouch. We make ourselves comfortable - and we may even stay like that for the rest of the day. However, UNINTERRUPTED slouching in a chair is a bad habit to get into, especially if you work at a desk job. The strain increases tension on the muscles, which will eventually cause pain. The best way to avoid this is to get into the habit of changing your position frequently. The opposite position (upright, legs uncrossed, feet flat on the ground, legs a few





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inches away from seat of the chair) can be assumed as an alternate position. Even better, try a movement break where you walk around for a few minutes, or exercises like chin tucks, back extensions, or bridges. This may not be easy at first, but constant reminders will help to make this a habit.

2. "Text neck." Not our favourite, as the term "text neck" is colloquial. It describes 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). Similar to #1, the position itself is not harmful, but rather the prolonged use of the position can result in pain. Strategies that take you out of that position frequently is the most practical solution. Some exercises that help, include chin tucks, strengthening your upper back and shoulders with pulling exercises, and chest stretches.

3. Rounded shoulders. The "mom posture" is another colloquial term referring to the rounding of the shoulders forward, instead of back head/neck. To figure out if you have a "mom posture" stance, stand in front of a mirror and let your arms hang naturally. If your knuckles face more toward the front, instead of to the sides, you may have rounded shoulders. Daily tasks that may contribute to this are bending down repeatedly throughout

the day (much like a mom does to pick up a toddler or clean up their toys), sitting for prolonged periods of time, carrying heavy objects, driving a vehicle, or using a computer. Some exercises you can do to strengthen your shoulders and back are seated rows, planks, bridges, and chest stretches.

HOW PHYSICAL THERAPY HELPS:

Our physical therapists - athletic therapy, chiropractic, physiotherapy, and massage - at Leaps and Bounds are dedicated to helping you achieve your highest level of physical ability. Bad postural habits are difficult to break, but our staff will use the most sophisticated diagnostic techniques to determine the specific problem areas. 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 improved, sustainable habits. Don't let the weight of your shoulders hold you down - if you are experiencing shoulder pain, contact us today to set up a consultation. We'll get you victoriously waving your arms around in no time.



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HELP US HELP OUR COMMUNITY!



This month we will be raising money for **MOVEMBER!** We will donate \$10 for every Google review we receive!

DO GOOD – LEAVE US A REVIEW TODAY!

LET'S GET SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!






Are You Prepared For Winter?

5 SIMPLE TIPS FOR SHOVELING SNOW

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.



Have you suffered a recent injury? Are you fighting an old injury? Our multidisciplinary team can help get you back to enjoying the activities you love – and help prevent further injuries. To learn more about how you can feel better faster, contact our clinic TODAY!

(905) 847-5227!

STAFF SPOTLIGHT



LAUREN PAILLEY *BSC KIN, RMT*
REGISTERED MASSAGE THERAPIST

Lauren completed her undergraduate studies at McMaster University where she obtained a bachelor's degree in Kinesiology. From there she went to the Ontario College of Health and Technology to obtain

her Massage Therapist certificate

Growing up, Lauren played very few sports because she stuck with the ones she really liked. In particular, Lauren practiced Taekwondo because she enjoyed learning self-defense and discipline. Later on, she fell in love with rock climbing and continues with it to this day. You can find her climbing at Mount Nemo or the Niagara Glen on beautiful sunny weekends!

As with most athletes, Lauren suffered her own injuries that she needed to rehab. With one particular injury, she had to take a step back from climbing temporarily. It was during this time that she fell in love with bodybuilding.

Lauren is a firm believer that exercise plays a huge role in all physical rehab. She uses it alongside all of her treatments to help bring you back to doing what you love.