



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



## A COMPREHENSIVE LOOK AT HOW POSTURE AFFECTS THE SHOULDER

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## HOW POSTURE AFFECTS THE SHOULDER

Shoulder pain is an all-too-common complaint, making routine activities like lifting, typing, and even sleeping difficult. It seems like every week we get a patient who comes to us with shoulder pain related to poor postural habits.

A lot of people know the old song about how the foot bone is connected to the knee bone (and the knee bone is connected to the thigh bone and so on). In the world of physical therapy, we call this regional interdependence. This means something in one area of the body is affecting another area. As the song says: it's all connected.

Well, this is definitely true when it comes to the functioning of our shoulder joints. Poor postural habits and prolonged slumped postures put the shoulder in a vulnerable position, making it susceptible to pain or injury. The good news is our therapists at Trilogy Physical Therapy have extensive training in identifying all the factors that are contributing to your shoulder pain and, most importantly, how to resolve them, one by one!

### HOW POSTURE IMPACTS THE SHOULDER

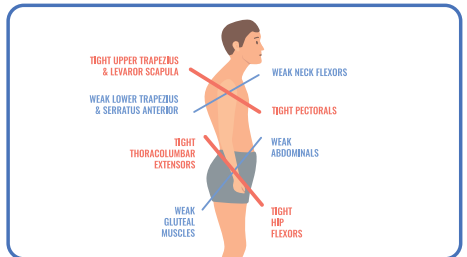
One significant factor contributing to shoulder pain is Upper Crossed Syndrome (UCS). This condition is characterized by postural changes that affect how the muscles of our upper back and shoulder girdle work, which in turn affects the normal movement patterns in the entire upper portion of the body.

**The classic signs of Upper Crossed Syndrome include:**

- **Forward head posture:** The head is positioned forward in relation to the shoulders.

- **Rounded shoulders:** The shoulders are rounded forward, causing the upper back to appear hunched.
- **Increased thoracic kyphosis:** The upper back has an increased curvature, leading to a rounded appearance.
- **Protracted shoulder blades:** The shoulder blades are positioned more forward and away from the spine.
- **Weak deep neck flexors:** The muscles at the front of the neck that help stabilize the head are weak.
- **Tight pectoral muscles:** The muscles in the chest area are tight and may contribute to the rounded shoulder posture.
- **Weak scapular stabilizers:** The muscles that stabilize the shoulder blades are weak, leading to altered movement patterns.

These issues often lead to shoulder pain, limited range of motion, and impaired muscle function. Although the signs are common in a lot of people, not everyone with these signs will have the same symptoms. This is why it is essential to consult one of our physical therapists to identify your specific needs and design a tailored treatment plan that addresses your situation.



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# RESOLVING YOUR PAIN WITH TRILOGY

## THE FIRST STEP TO RESOLVING YOUR SHOULDER PAIN IS A COMPREHENSIVE EVALUATION.

Our physical therapists will conduct a thorough history and physical exam that includes an assessment of your posture as well as the function of your shoulder blade musculature to identify any obvious changes to muscle activation and movement patterns.

Based on the assessment, our physical therapists will design tailored exercise regimens that address not only muscle length and strength but also neuromuscular factors. This could lead to more lasting relief and functional improvement.

Our team uses a functional approach that is rooted in neurology. We consider the interaction between your nervous systems, biomechanics of your spine and shoulder joints, as well as muscle function.

This allows us to not only identify and address any imbalances in muscle length and strength but also from neuromuscular factors like muscle recruitment.

These exercises may include work on your spinal joint mobility and strengthening exercises to correct any postural dysfunctions contributing to your conditions. Our team

spends a lot of time educating you about how you are holding and moving your body to ensure you have the tools to train your body in the proper movement patterns that help to correct imbalances and offer lasting relief.

## TAKE THE FIRST STEP TOWARDS LASTING RELIEF TODAY

If you're experiencing persistent shoulder pain, limited range of motion, or discomfort in your upper body, the time to act is now. These signs are not just distressing; they can have a long-term impact on your quality of life and overall well-being. Reach out to Trilogy Physical Therapy today for a comprehensive assessment and personalized treatment plan designed to restore balance to your muscles, improve your posture, and, most importantly, alleviate your pain!

Sources: <https://trilogyjournal.biomedcentral.com/articles/10.1186/s13063-020-4159-9> <https://www.jospt.org/doi/10.2519/jospt.2020.0501> <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>

## UPCOMING WORKSHOPS

### KNEE PAIN

**Apr. 9<sup>th</sup> @ 6:30 PM**

At Our West Seneca Clinic

**May 7<sup>th</sup> @ 6:30 PM**

At Our West Seneca Clinic

**May 8<sup>th</sup> @ 6 PM**

At Our Kenmore Clinic

### SHOULDER PAIN

**Apr. 10<sup>th</sup> @ 6 PM**

At Our Kenmore Clinic

**Apr. 16<sup>th</sup> @ 6:30 PM**

At Our West Seneca Clinic

**Apr. 23<sup>rd</sup> @ 6 PM**

At Our Kenmore Clinic

**May 2<sup>nd</sup> @ 6 PM**

At Our Clarence Clinic

### BALANCE

**Apr. 18<sup>th</sup> @ 6 PM**

At Our Clarence Clinic

**May 30<sup>th</sup> @ 6 PM**

At Our Clarence Clinic

**May 14<sup>th</sup> @ 6:30 PM**

At Our West Seneca Clinic

**May 21<sup>st</sup> @ 6 PM**

At Our Kenmore Clinic

### LASER/LBP

**Apr. 5<sup>th</sup> @ 2:15 PM**

At Our Clarence Clinic

Call 1.716.351.4991 to reserve your spot now! There is a limited number of spots available.



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## Coming This May...

Trilogy Physical Therapy and Wellness is excited to announce that during the Month of May, we will be hosting a lunch and learn event at our Grand Island and Clarence locations. We are fortunate to welcome Elizabeth Ingold who is an estate planning attorney with Ingold Law as our guest speaker.

Elizabeth founded Ingold Law in 2008 and she counsels families and individuals in all stages of life to achieve lifetime and testamentary goals. She excels in tailoring sophisticated estate plans to conserve and transfer wealth, to preserve businesses, real estate and other assets. Her approach is a holistic one as she recognizes that such planning requires collaboration with other trusted advisors, such as financial planners and accountants.

In her experience, this has proven to be crucial when customizing a plan for her older clients and their caregivers who not only need traditional estate planning but also require planning for governmental benefits such as Medicaid to pay for care. Over the years, Elizabeth has built a team of professionals who can formulate an effective care plan for clients and their elderly/disabled loved ones. It is always her goal to develop a strategy which allows for a higher quality of life while at the same time allowing for as much independence as possible.

For Elizabeth, the most rewarding aspect of her career is listening to the issues of each individual client and addressing their legal problems in the context of each person's unique family framework. She also very much enjoys educating individuals on the topics of Estate Planning, Asset Protection and Long Term Care Planning. She has lectured extensively for both professional and private groups.

Dates and times will be announced soon. Be on the lookout for emails, fliers and dates and times to be included in our next newsletter. A light lunch will be served and registration will be required. Seats will be limited so once the dates have been announced, be sure to register ASAP to take advantage of this opportunity to learn steps you can take now to assist with planning for your or your loved ones' futures.

## West Seneca MOG Member Of The Month: Marion Strycharz



The MOG at West Seneca is excited to announce Marion as our member of the month! Marion joined the MOG after her transition from physical therapy in October 2023. She comes to classes each week with a great attitude and ready to challenge herself. She recently celebrated her birthday and spent it at the MOG by taking two classes! Her dedication and hard work is truly motivating. Marion always has a smile on her face and constantly encourages others in the class. She is a great presence at the MOG, keep up the awesome work, Marion!

"I started the MOG to relieve shoulder pain. Sessions with Tiffany relieved the problem at 90%. From there I joined Emily's mobility and strength classes on Saturday mornings. I enjoy these classes under Emily's guidance and feel 100% better in my daily activities. Thank you MOG... I will continue as long as I'm able and hope to add two more classes during the week!!" — **Marion**

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