



# Wellness News Network™

Your Source for Health & Wellness Information

Issue 3, August 2015

## Shoulder Pain and Posture

Presented by:

### Introduction

Shoulder pain is an issue chiropractors commonly see in their daily practice. This type of pain affects almost half of Americans at some point in their lives because shoulder pain stems from many root causes. The shoulder is also one of the most relevant joints for chiropractors to address because it relies on major areas of your spine for functional support, such as your lower back, upper back, and neck.

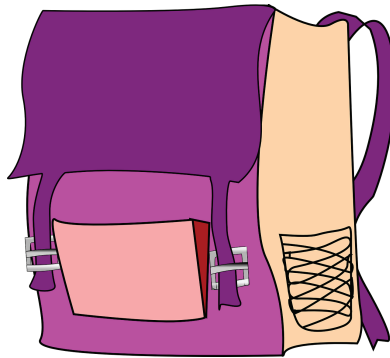
Structurally, your lower back connects directly to your shoulders via the latissimus dorsi muscle. This muscle is one of the key muscles utilized when a person attempts to pull something. If you develop issues with your lower back, it can potentially lead to shoulder pain and restriction via the latissimus dorsi.

Correct posture is an important initial corrective measure for proper function of your shoulders, your back, or any joint in the body. It is especially crucial for those suffering from shoulder issues since good alignment can help strengthen and support the shoulder's structural integrity.

### Proper Posture is Vital

Today, most Americans spend a significant amount of time in front of the television, computers, and video games. Hours of sitting with poor posture can lead to situations where the muscles of the front of the neck and chest are shortened. As a result, this lengthens the postural support muscles of the upper back and places them in a stressed and weakened position.

Another common cause of shoulder stress brought on by daily life is the use of backpacks. Children and young adults carry backpacks with school books that can weigh up to 40 pounds. This added weight forces your head forward to act as a counter-balance to the downward weight caused by backpacks.



### QUESTION:

How many Americans are effected by should pain?

- A) 10%
- B) 25%
- C) 50%

### ANSWER:

c) almost 50%

### QUESTION:

Correct posture is an important corrective measure for proper function of your...

- A) shoulders
- B) back
- C) joints
- D) all of the above

### ANSWER:

D) all of the above

### TRUE OR FALSE:

You should limit the weight of a backpack to 15% of your weight

### ANSWER:

True

Presented by:

Ideally, the head should sit directly over the neck and shoulders. The weight of your head is similar to that of a bowling ball. Thus, holding your head out of alignment over a prolonged period puts continuous strain on your neck, shoulders, and upper back muscles. For instance, if your head weighs roughly 10 pounds, and your head is positioned properly, the load on your spine and surrounding muscles is only around 10 pounds. However, if your head is out of alignment in a forward position, the load on your spine and surrounding muscles increases by 10 pounds for every inch your head moves forward. This type of alignment issue is known as Forward Head Posture.

Over time, this type of stress and strain places the shoulder joint marginally out of position, resulting in increased wear and tear on the shoulder joint. Be sure to safely exercise and stretch your shoulder muscles regularly to promote proper posture, shoulder position, and balance.

## Tips to Improve Your Posture

- Lighten the load of your backpacks by limiting the weight to 15% of your, or your child's, weight and avoid wearing backpacks over one shoulder
- Position your computer and television screens at a higher level, so the top third of the screen is even with your eyes
- Position your computer screens at 18" to 24" inches from your face, so you do not have to constantly move your head forward.



- Avoid sitting in one position for long periods of time by getting up and stretching every 20 to 30 minutes
- Use back support pillows when sitting or driving for long periods

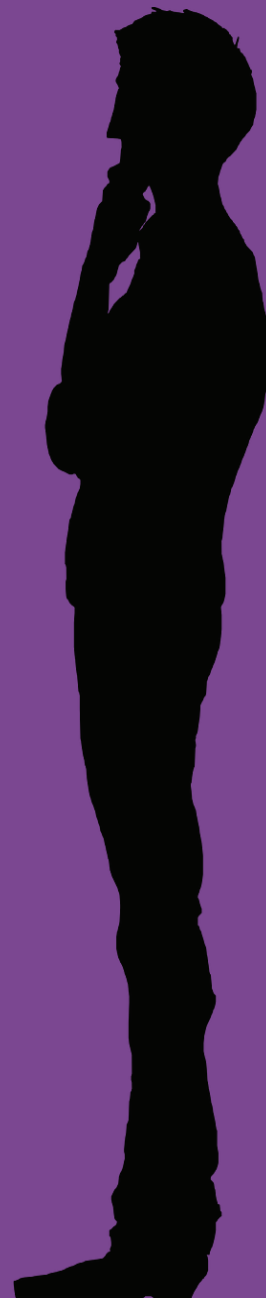
Additionally, you should seek chiropractic or other medical assistance if you experience any of the following symptoms:

- An inability to use your arm or properly carry objects
- Shoulder pain that occurs while resting or at night
- Shoulder pain that continues beyond three or four days
- Swelling or bruising around your arm or shoulder
- An inability to fully raise your arm
- Any injury that results in some type of deformity of the shoulder joint

## Quote to Inspire

*“Great posture never goes out of style.”*

— *Cindy Ann Peterson*



**Disclaimer:** Information contained in the Wellness News Network Newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.