



Shoulder Pain? Three Movements to Avoid

The shoulder is an amazing joint because it has such a wide, unrestricted range of motion. Because of its versatility the shoulder can also become easily injured due to compromising motions or activities. There are three positions or movements that you should avoid at all costs, especially if you have previously or currently suffer with shoulder pain.

1. Working with your arms overhead
2. Reaching behind your body to lift or move something
3. Sleeping with your arms overhead



Working With Your Arms Overhead

Sometimes patients will complain of tingling or numbness in their hand, thinking that it's probably carpal tunnel syndrome. Although carpal tunnel syndrome causes those symptoms, so does a certain shoulder condition known as thoracic outlet syndrome, which places stress on the nerves and blood vessels that travel through the shoulder into the arm.

Working with your arms overhead for short periods is generally acceptable, however when you must work with your arms overhead for prolonged periods of time it may cause great stress and strain to the muscles, nerves and blood vessels in the shoulder. When this happens you may experience symptoms of thoracic outlet syndrome.

Reaching Behind Your Body to Lift or Move Something

The most common activity that comes to mind is when you reach behind your car seat to get something. You may do this dozens of times, but then all of a sudden one of those times your shoulder experiences pain. This position or movement can weaken the shoulder joint and supporting muscles which may lead to injury. If you have ever injured your rotator cuff this motion may be considerably dangerous and should be avoided.

Sleeping With Your Arms Overhead

This position may seem innocent but it can also cause significant stress to the muscles, nerves and blood vessels in the shoulder region. When you sleep in this position it's not uncommon to develop tingling or numbness sensations in your hands.

The healthiest position for your shoulders and arms is to remain in as neutral and relaxed of a posture as possible with whatever activity you are participating in. If you must place your shoulder and arms in an awkward or compromising position, always take frequent breaks to allow your body time to rest.

101 Causes of Physical Stress and How to Maintain Your Health

Have you ever looked at yourself in the mirror while you were performing some daily activity such as talking on the phone or sitting at your desk? If you really took the time to evaluate your body mechanics (or posture), more often than not you would probably observe a few things that you could work on.

From holding the phone to your ear using your shoulder as your head is bent to one side, to sleeping on your stomach as your head and neck is rotated, to crossing one leg over the other all day long as you sit behind your desk, it's no wonder why so many people need chiropractic care.

There are well over 101 things you encounter daily that may cause undue stress to your body. These abnormal body postures and positions are responsible for many of the aches and pains that patients commonly develop.

It would be next to impossible to maintain perfect body posture in all of your activities. That's one of the reasons why chiropractic care is so vitally important in keeping you and your family healthy.

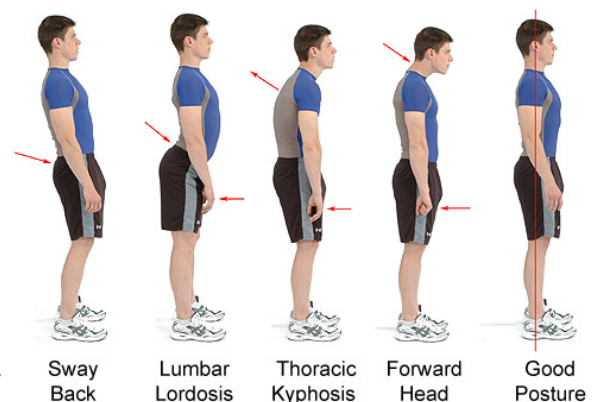
Part of maintaining healthy alignment and body function is to keep your chiropractic appointments as recommended. If you initially came to our office with a condition or health issue we may have recommended a specific schedule of care to correct your alignment in order to restore your health.

Once your body has reached stability we recommend that you return periodically for a wellness or maintenance adjustment. Some of our patients refer to this as getting a "tune-up".

How often your body will require a wellness adjustment is relative to your specific condition. There are many factors that contribute to your prescribed wellness plan. Some of those factors may include your current state of health, your activity level, prior injuries, age, overall health, etc.

Our goal is to help you to improve your health as best possible. Diet, exercise, and being aware of and maintaining proper body posture are all key elements to your overall health. We encourage you to embrace your own health and do everything you can to preserve your wellness.

If you ever have any questions about how to maintain proper posture or body mechanics with activities you commonly participate in, we would be delighted to give you the necessary advice.



Also if you know someone who is suffering from a health condition that you think may be related to their life activities or stress, we encourage and thank you for referring them to us for a chiropractic health evaluation.