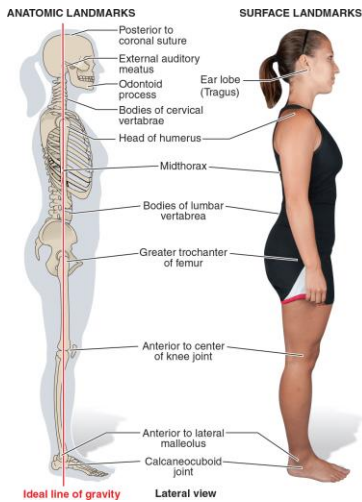


# Shoulder Pain and Posture



Our shoulder joint and all of its connective tissue was designed with the above alignment in mind. Notice the way the ear lobe is in line with the top of the shoulder. Notice those around you and assess how frequently you see that as opposed to the following picture:



## What does this mean?

The diagnosis of this posture is “**upper crossed syndrome**”. The muscles on the back side are overstretched and weak whereas the muscles in the front are shortened and tight. This means that with everything you do, your body is working harder than it has to in order to accomplish the movement pattern. It also creates repetitive strain to the primary muscles of the shoulder known as the **rotator cuff**.

## WHAT CAN I DO?

1. Keep ears and shoulders as far apart as possible
2. Use your shoulder blades NOT your shoulders to do the work when reaching and lifting
3. Don't always use back rest to support you
4. Research posture stretches and DO THEM

## DON'T WAIT UNTIL IT IS A PROBLEM

Improved posture with basic moves such as backwards shoulder rolls into shoulder depression and elongated neck can prevent:

- ~ Impingement syndrome
- ~ Rotator cuff tenodesis or tears
- ~ Labral tears
- ~ Neck pain
- ~ Headaches
- ~ Radicular symptoms down arm
- ~ Thoracic outlet syndrome



Take home: stabilize with shoulder blades (where blue arrows are) NOT with shoulder joint.

**Repetition got you into this mess, Repetition will get you out**