

essential



physio

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Some Surprising Facts About Posture

ESSENTIAL PHYSIOTHERAPY

Your posture is one of the first things other people notice about you and can affect so much more in your life than just spinal health. Healthy posture has been linked to better respiratory health and has even been shown to affect your confidence. In this article, we explore a few other surprising facts about posture.

Ideal posture doesn't mean having a straight back.

Many people think having good posture means standing as straight as possible with your shoulders pulled back. This is actually a relatively unnatural posture and requires a lot of energy to maintain. Ideal posture, where the spine rests in its most comfortable and strongest position, is where the neck has a gentle curve backwards, the thoracic is curved gently forwards and the lower back curves back again. These curves create an elongated 'S' shape and can be seen when viewing a person from side on.

There are four common postural patterns other than 'ideal posture'.

For those who don't have ideal posture, four common variations are seen, these are; kyphosis (excessive curve of the thoracic region), lordosis (excessive curve of the lower back), flat back (loss of the normal spinal curves) and sway back (where the pelvis is pushed in front of your centre of gravity and the upper body leans back to compensate).

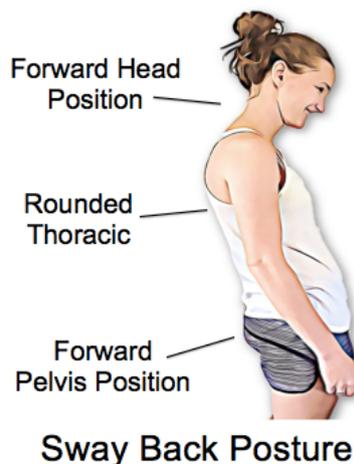
Each of these postures is often accompanied by a typical pattern of joint and muscle stiffness that can lead to pain and injury. Your physiotherapist is able to assess your posture and identify any ways this may be contributing to your pain. They can also help you to change your posture with strategies to increase spinal mobility and strength.

Regular movement is just as important as your posture.

While ideal posture has been shown to reduce the amount of stress and tension found in the spinal muscles, holding yourself rigidly in one position is also not healthy. Ideally, our spines will be flexible and able to move through their full range without pain or stiffness. Regular movement is the key to healthy joints, including the spine. If you find yourself sitting or standing for long periods, try to find time to stretch as well as working on your posture.

Personality type has been linked to postural patterns.

A study by S. Guimond and others in 2014 showed a surprising link between personality type and posture. They found that extraverted personalities were much more likely have an 'ideal posture' or excessive spinal curves than Introverted personalities and introverted personalities were more likely to have 'flat' or 'sway back' postures. They were unable to determine if personality influenced posture, vice versa or there was a hidden third factor such as pain.



Brain Teasers

1. *I have keys but no locks, space but no rooms, you can enter but can't leave.*

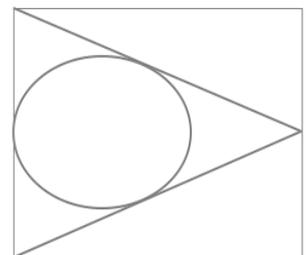
What am I?

2. *What do you throw away when you need to use it, but bring back when it's no longer needed?*

Work It Out

Trace the pattern without taking your pencil off the paper. You must make one continuous line.

You are not allowed to cross the line, or go over any part of it twice.



PhysioTip

Running on hard surfaces can lead to more injuries than running on grass.

Shoulder Labral Tears

(SLAP Tears)

What is it?

A ring of flexible, fibrous connective tissue, known as the glenohumeral labrum, surrounds the shoulder joint. This labrum increases the stability of the shoulder while allowing for the required flexibility of one of the bodies' most sophisticated joints. One well-known muscle of the arm, the biceps, has an attachment directly into the labrum and is a common site of injury. A tear of the labrum can occur in many locations, however the most common is at the point where the biceps tendon attaches to the labrum. Usually, this tear follows a typical pattern and is referred to as a superior labrum tear, anterior to posterior (SLAP tear).

What causes it?

SLAP tears can be caused by trauma such as a fall onto an outstretched hand or a dislocated shoulder. Tears can also develop over time with repeated throwing actions or overhead activities as the labrum is weakened and eventually injured. Traumatic tears are more likely to be symptomatic than tears that develop slowly.

What are the symptoms?

As mentioned, SLAP tears can occur suddenly, through trauma or develop slowly through repeated stress. Often if the injury develops over time, patients can be unaware they have sustained a tear and the injury doesn't have a significant impact on their pain or function. Preexisting SLAP tears can however, place more tension on the long head of biceps tendon, leading to overuse disorders as a secondary complication.

When the tear occurs through a sudden action or trauma, symptoms can be more marked. Sufferers often notice pain deep in the shoulder joint with overhead shoulder movements, a feeling of weakness, loss of power and/or accuracy with throwing activities. Some people may notice a popping or clicking sensation and occasionally the shoulder may give way. In severe tears, the shoulder might feel unstable and even be at increased risk of dislocation.

How can physiotherapy help?

Your physiotherapist is able to help diagnose a suspected SLAP tear and send you for further imaging if needed. SLAP tears are often graded by

severity from I to IV as a way to guide treatment. Physiotherapy is usually recommended as a trial for all tears before considering surgical repair and in many cases can effectively help patients return to their previous activities, symptom-free.

If physiotherapy is unsuccessful, surgical repair with a full rehabilitation program is recommended. Surgery will usually either repair the tear or reattach the biceps tendon to the humerus (tenodesis). Following surgery, a period of rest in a sling is required before rehabilitation can begin.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



Answers: 1. Keyboard. 2. An anchor

Mango and Coconut Smoothie Bowl

- 2 Fresh Mangoes
- 4 Whole Strawberries
- 1 Tbsp. Plain Natural or Coconut Yoghurt
- ½ cup Ice (optional)
- ½ Cup of Coconut Flakes
- ½ Cup of Blueberries
- ¼ cup of Chia Seeds
- Fresh Mint For Garnish



1. Add yoghurt, two strawberries and pieces of one mango to a blender. If possible, freeze mango pieces ahead of time, if you only have fresh mango, add ½ a cup of ice.
2. Blend ingredients for 2-3 minutes or until smooth.
3. Pour ingredients into a bowl and top with two sliced strawberries, coconut flakes, chia seeds, blueberries and fresh mango pieces.

Garnish with mint and serve as a delicious breakfast dish.

Did You Know?

Taking one single step can use up to 200 muscles.



18 Olivedale St
BIRDWOOD SA, 5234

4 George Street
WILLIAMSTOWN SA, 5351

91 Main Street,
LOBETHAL 5241

For Appointments Book
through Our Website At
www.essentialphysio.com.au

Call (08) 8568 5455

Text 0413597417

admin@essentialphysio.com.au