

VOL. 1 | OCTOBER 2021

STAY IN THE GAME



Newsletter for all our Form & Function Family

Shoulder Pain: Simple Exercises You Can Do From Your Desk, To Maintain A Healthy Looking Posture

Sometimes, it can often surprise us how the smallest things in life can actually affect our health. Small things like wearing that heavy bag on the same shoulder everyday, or that terrible posture you've been in at work, but so desperately want to get rid of. That's right everyone... it all adds up. Today I'll be going over the importance of exercising in the workplace and how it can help your shoulder pain. The reason why I'm writing about the workplace is because not many people realize how much time you spend at work. For example, the average full-time worker spends on average 2,000 hours at work per year. That's equivalent to 83 days or 12 weeks of continuous work!

Now... imagine if you had an office job, or if you DO, think of all those hours you actually spend sat down, not moving and potentially developing poor posture. It's no wonder you have shoulder pain!

That is why it's important to exercise at work and to keep moving as much as possible. Having only 2 weeks away from work can take its toll on your body. This truly shows how long you are at work for and how it can affect your health.

OVERVIEW:

- Shoulder Pain: Simple Exercises You Can Do From Your Desk, To Maintain A Healthy Looking Posture
- Products We Love
- Monthly Offer
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- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

With that in mind, here's a few of my tips that are handy to use to ease that shoulder pain...

Yoga before and after work is a **MUST** to stretch away those potential aches and pains in your muscles. It is ideal to do yoga in the morning as you have been sleeping in the same position for a while and will continue to do so at work.

After work is just as important. Doing Yoga after work will stretch your muscles after being sat for so long! Not only this but it will leave you feeling a lot calmer and stress-free. If you decided to do yoga before bed, then this is just as good for you, as it will help you to get to sleep quicker.

Get some fresh air on your lunch break. This is something I keep telling my staff to do! Not only is a change of scenery good for the mind, it gets you up and moving! Even if it's just a walk to a park bench, it's better than nothing!

If you are lucky like me and have an hour for your lunch break, then why not try and go for a brisk walk. This will ease your muscles further of any pain.

If you do decide to do this then I would recommend leaving your bag in the office. My reason for this is that if you carry your bag over your shoulder, you will be putting more pressure on one of your shoulders, which will leave you with more shoulder pain to go back to your desk with!

Don't forget to move around at least once within an hour. I'm not saying you need to sprint to one end of the office and back! It could be as simple as walking to the restroom or even standing up and walking to your colleagues desk to see how they are doing.

It doesn't even have to be for very long, as long as you stand and walk around a bit!

If your shoulder pain still hasn't eased during lunch, but the yoga in the morning worked... then here's a few exercise that you can try from your desk.



Desk Angels Sounds sweet doesn't it? Right, so here's how you do them...

1. Once you're sitting straight in your chair, raise your arms straight up, like you're trying to touch the ceiling.
2. Now keep your body still, (it will be harder than you anticipate!) and move your arms together, back and forth. You'll notice the stretch, pull in your mid back when you move your arms behind your head.
3. Now repeat this 10 times.

Shoulder Rolls This one is probably the most common out of the exercises.

1. Keep your back straight and your chin tucked in.
2. Roll your shoulders forwards 10 times, and then repeat backwards.

Product We Love Swiss Ball



[Click image
for link](#)

Talk to our PT today to ask about how you can incorporate a swiss ball to your routine

888.619.2885

Stability balls are a popular and versatile piece of fitness equipment used in gyms, homes, physical therapy sessions and even the workplace. The purpose of the stability ball is to improve balance, muscle tone and core strength.

Stability balls come in a variety of sizes. They are lightweight, durable, and inexpensive — but are they really effective?

Improve flexibility. Use a stability ball to warm up and stretch your muscles before a workout. Improved flexibility can reduce risk of injury and keep your muscles and joints functional.

Expand range of motion. Stability balls can be used to expand range of motion during certain exercises, such as crunches and sit-ups.

Strengthen core. When used properly, stability balls can strengthen the core (abdominal and lower back muscles). These muscles are used to perform daily activities. A strong core helps to protect the back and stabilize the whole body, including the spine, pelvis, hips and shoulders.

Improve balance. Simply sitting on a stability ball engages the stabilizer muscles in your core. Training on a ball forces your body to improve balance to complete the exercises, and can also be beneficial in keeping a healthy posture.

Desk Upper Trunk Rotation

This one is probably the most difficult, in the sense that different people will feel this stretch in different areas. When you do though, you'll know you need to be working on this one! This exercise targets the muscles in the chest, and down the back.

I also advise that it might be best to do this one when you're on your own in the office, as you might look like you're modifying the old "sprinkler dance" from the 90's! So here it is...

1. Stand and place one hand on your desk, and the other behind your head.
2. Reach the elbow of the arm with the hand behind your head up to the ceiling, then down like you're trying to touch the armpit of the hand that's resting on the table.
3. Hold for 3 seconds and repeat 15x on each side.

Like I said before, it might be best to do this one when everyone has gone for lunch, so you're on your own!

So, quick summary! Now you know how long you actually spend at work and potentially in an office chair, it's clear to see the importance of exercise in the workplace.

Shoulder pain can often come from poor posture in the workplace. So Remember! The hours you work build up and so does the pressure and pain in your shoulders!

If you have or are about to retire, then these exercises can still be done at home and I would still recommend using these tips to ease any shoulder pain that you may have.

So give these tips a try and start to feel the benefits quicker!

If you'd like more quick tips like this to help ease shoulder pain, visit my website where you can download my free tips guide instantly: 6 Fast Fixes For Your Shoulder Pain

October's Special Offer

Social Media Challenge

This month we started a challenge for all our #Influencers and #ContentCreators or even just your everyday social media star. Starting now we want to thank you for every time you share us on your social media or give us a shout out. When you tag us in a post or on your story we give you our appreciation right back. After 5 times you will receive a free cold laser session completely on us!

AFTER 5 TIMES YOU WILL RECEIVE A FREE COLD LASER SESSION

COMPLETELY ON US!



Tell your followers when you tag us in a post that Form & Function PT helps you #StayInTheGame

If you'd like more quick tips like this to help ease shoulder pain, visit my website where you can download my free tips guide instantly:

6 Fast Fixes For Your Shoulder Pain



[Click image
for link](#)

Would you like to talk to a physical therapist?

We realize some people want more than just some free health tips... That's why we offer expert advice about the worry and frustration of sciatica and chronic back pain!

Here are just a few of the things you will learn in one of our Discovery Visits sessions:

- What is the underlying cause of your back pain? (hopefully nothing too serious!)
- Roughly, how long will it take to fix my problem?
- What to do to help – which doesn't include painkillers, resting or surgery etc.
- What other, natural, drug-free methods are there to speed up recovery alongside treatment?

Our discovery visit sessions are great for anyone that may be “unsure” if physical therapy is right for them, and they give you the opportunity to ask questions and see for yourself if we can help you.

We've got **5 Discovery Visit sessions available this week**. If you would like one of our limited taster sessions, please get in touch with the clinic using the contact details included below, and mention to the person who answers the phone that you would like to see a physical therapist for a \$35 Discovery Visit.

Try to get into good, healthy habits as quickly as possible – starting today, in fact you've picked one up already by reading this blog! In doing so, you're going to give yourself the best chance you can of improving your Sciatica, back pain, and of being active, healthy and happy.

[Click here to access our FREE Back Pain guide... it's full of useful hints and tips to help relieve your pain and get you more active.](#)

Health Tip & Trick: Posture At Your Desk

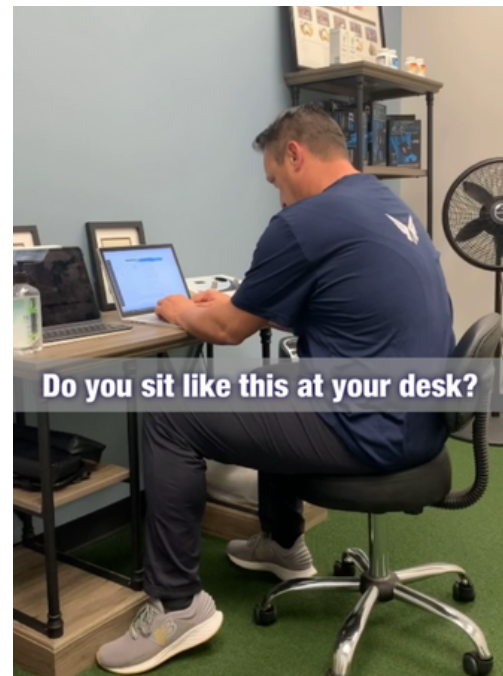
By Trevor Field

This tip might seem quite obvious but the first thing I'd recommend is to **keep your body straight**. If you have an office job then adjust your seating if you are sat down for a long period of time. Remember the chair's features are there for a reason, to make you feel supported!

Sit up straight and adjust the chair so that it feels comfortable and supportive. Sometimes, depending on how long you are sitting, even if you are sitting in a good position, it can feel tiring. If this is the case, then try shifting towards the front of your seat with a straight back from time to time. This can sometimes help ease your back muscles and stop you from slouching.

If you stand up at work, then standing straight really does help. I know at times it can feel like a relief to rest your bodyweight on one leg while resting the rest of your body on a desk or worktop. Sound familiar? Unfortunately this is pretty much how not to stand. Ultimately all you are doing to your body is putting strain on particular muscles as you 'rest'. When standing, make sure your body weight is spread evenly to the front, back and sides of the feet.

Another great tip is, if you have a lot to do at your desk...after 20 minutes of sitting... get up and move! Yes you could finish off that one last email but I think we both know that, that one email will lead to something else. As a result, you will not only be glued to your chair all day, but may end up putting more pressure on the neck and back.



Patient Spotlight: Shirley Quintero



Our patient spotlight this month shines on super mom/boss lady, Shirley Quintero. Shirley has a fitness training business in Fontana. She came to us after an accident during fitness training when a piece of equipment failed causing her to suffer a concussion. The concussion caused difficulty focusing, a loss of energy and headaches with even light exertion.

With her diligent work in the clinic and on her own with visual training, memory drills, reaction drills, and treatment of the neck, she continues to make great progress. She's back to the gym, lifting weights, being a mom with less stress and concern that her concussion symptoms will never leave.

Check out Shirley's fitness journey, and her training business [@ms_fitshirley_q](https://www.instagram.com/ms_fitshirley_q)

Recipe We Love *Spicy Cauliflower*



	PREP	COOK	TOTAL
	10 m	40 m	50 m

Cauliflower can get a bad rap for being the boring white addition to the “healthy” fresh vegetable platter listed on appetizer menus nationwide – often listed alongside more exciting and less healthful items like nachos and chicken wings. Here’s an exciting way to enjoy it!

INGREDIENTS

SERVES 4

- 1 Cauliflower (raw), Medium Head
- 1/4 cup Almond Flour
- 1 cup water
- 1/2 tsp sea salt
- 1 tsp Butter, Whipped, Unsalted
- 1 cup Salsa Picante, Hot Sauce

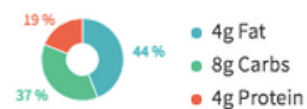
DIRECTIONS

- 1 Preheat oven to 450F.
- 2 Chop cauliflower into small florets.
- 3 In a bowl combine almond flour, water and salt. Mix well until fully combined with no visible clumps.
- 4 Next, place the florets into the mixture making sure each piece is well coated.
- 5 Place florets on a greased cookie sheet and bake for 15 minutes turning them during this time.
- 6 While these bake, combine in a bowl the melted butter and hot sauce. Once cauliflower is done baking, toss the florets into the hot sauce mixture.
- 7 Place florets back on cookie sheet and cook for another 20 minutes or until crispy.

NUTRITION INFORMATION

84 CALORIES PER SERVING

Serving Size: 1 servings



	% DV*
Total Fat 4g	6%
Saturated Fat 1g	
Cholesterol 2mg	0%
Sodium 1559mg	64%
Carbohydrates 8g	3%
Dietary Fiber 3g	
Sugars 3g	
Protein 4g	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.