

Q&A – Poor Posture and pain

Ask the Physical Therapist

By Todd Loehrke, DPT, CMTPT

Q: My physical therapist says that my neck and shoulder pain are related to poor posture. What should I be doing better?

A: Gravity and tight muscles typically pull your shoulders down and forward, and cause your chin to jut forward as well. It is much easier to see on others than it is on yourself, so look around for a few examples. Your OST physical therapist can show you some stretches and strengthening exercises to help restore healthy posture.

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