

JERSEY CENTRAL

PHYSICAL THERAPY FITNESS

Physical Therapy and Your Hand Bag

Do you carry an oversized handbag?, It can cause more pain than you may realize and wreak havoc on your body. There's nothing wrong with being trendy but the trouble starts once you start loading up your bag and carry it everywhere. Before you know it, you have a nagging pain in the neck or shoulder that may even radiate down the arm. Carrying the extra weight may cause problems in two ways: It pulls on a web of nerves that can cause aching or shooting pain from the neck down the arm.

Every time you sling your bag over your shoulder, the upper back muscles struggle to counterbalance that weight and eventually get overworked until any movement causes sharp pain.

Did you know that carrying an extra 10 pounds on one side of your body can cause to **tilt sideways** to create more stress for your neck and lower back?



We want the best for your health. Here are some tips that will help you stay injury-free:

1. **Posture**-The ideal stance is shoulders relaxed, back upright with no leaning to either side.
2. **Strength** – A proper strengthening makes a big difference. Call our office today to see what your muscle imbalances are and which exercises are ideal to keep painful days away.
3. **Strap-Hanging** –Change the side you carry your hand bag on and if possible, use your strap diagonally across your body to distribute the weight better and you will reduce the chance of it will slipping off the shoulder.
4. **Switch It Up** – Vary your bags with as little weight as possible.
5. **Don't Ignore Pain**-Frequent neck stiffness, headaches, and pain radiating down the arm may develop if your bag is big and heavy, and you have bad posture. If you notice any of these symptoms, its time to call our office

Your Best Bet or Bag

We recommend that the total weight of your handbag be less than 10% of your body weight. If the weight is excessive, your posture will change putting more pressure on you neck, shoulder and back causing headaches, neck tension, and back pain.

The Right Purse:

- Avoid long-straps because it allows the purse to bump you at the hip, and may slip down the shoulder (causing you to hunch up the shoulder).
- Short-handled bags/purses should be:
 - Over the shoulder, tucked under your arm
 - Over the forearm
 - Held in your hand
- A large hand bag can get very heavy.
- Organize your things to minimize any twisting of the trunk when you look in your bag.

In the event you have already developed neck or arm pain. Give us a call! We will work with you every step of the way to return you to painfree function. We know how frustrating it can be, and want to assure you that we are committed to your rehabilitation and exercise needs.

PLEASE CONTACT US FOR MORE INFORMATION:

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