

# Musculoskeletal Awareness



## Recognizing the Signs of Musculoskeletal Imbalance and When to Act.



Even a minor twinge or stiff shoulder is your body's way of saying, "Hey, something's off."

With a busy life, these small signals often get ignored until they become painful disruptions.

### Common Early-Warning Signs

#### Stiffness and Tightness

Joints or muscles that feel stiff after sitting can be early indicators of imbalance. Many professionals report neck, shoulder or lower back stiffness can occur after prolonged static postures.



#### Uneven Pain (One-Sided)

Discomfort on one side, such as the left or right side of the shoulder or hip can suggest muscular imbalance or overuse. This asymmetry often develops gradually as we favor one side of our body during daily activities.



#### Limited Movement

Difficulty reaching overhead or turning your neck signals decreased range of motion, an early indicator of musculoskeletal dysfunction. These limitations often progress gradually if left unaddressed.



### When to Seek Help



Persistent discomfort lasting beyond a week



Pain that worsens with movement or concentration



Numbness, tingling, or weakness—indicates possible nerve involvement



One-sided compensation patterns (e.g., always leaning to one side)

### How the Millennium Wellness Center Can Help

Our integrated care team brings together multiple disciplines to support your musculoskeletal health—right at your office.

- Doctors of Chiropractic and Doctors of Physical Therapy provide posture and movement screenings to identify imbalances and workstation-related strain
- Physicians and Nurse Practitioners offer clinical evaluation and pain management strategies, creating a seamless, coordinated approach to care
- Manual therapy and guided corrective exercise help reduce stiffness, restore joint function and improve overall mobility
- Movement prescriptions address sedentary habits and retrain the body for better alignment and balance
- Ergonomic coaching ensures your workspace supports long-term spine and joint health

All services are available on-site through the Millennium Wellness Center, making expert support easier than ever to access.

[Schedule](#) your musculoskeletal visit today.

### Did You Know

#### Tech Neck Is on the Rise



Spending hours each day looking down at screens may feel routine, but your neck disagrees.

Studies show that just six hours of poor ergonomic screen time can increase the risk of developing neck pain by as much as 88 percent.

#### What Is Tech Neck?

Tech neck refers to pain, stiffness or strain in the neck and upper back caused by a prolonged forward head posture, such as when looking down at a laptop, tablet or phone. Over time, this can lead to:

- Tightness in the shoulders and trapezius muscles
- Loss of cervical spine mobility
- Headaches, jaw tension or numbness in the arms
- Long-term structural changes in the natural curve of neck

#### Take Action

- If your neck feels stiff by noon
- If you frequently adjust your screen
- If your shoulders are rising toward your ears

It may be time for a posture assessment. Let us show you how to make your screen setup safe for your neck to help eliminate and prevent pain.

### A Word from Our HSS Affiliate

#### Think You Know Stretching?



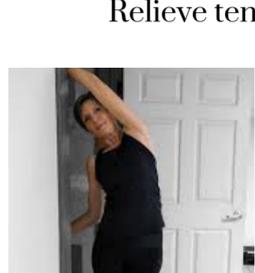
Stretching isn't one-size-fits-all—and chances are, you might be doing it wrong.

Take this quick, expert-backed quiz from Hospital for Special Surgery (HSS) to uncover the truth about flexibility, injury prevention and what your body really needs before and after movement.

[Take the quiz and test your stretching IQ.](#)

### Rehab Corner

#### Relieve tension in your lower back—in less than 1 minute



Tightness in the quadratus lumborum can lead to lower back discomfort, especially from prolonged sitting or standing.

This doorway-supported stretch helps relieve tension and improve mobility—ideal for home or office.

Scan the QR code to learn how to incorporate it into your daily routine.

