



*EuroBar*<sup>®/©</sup>

# A STUDY ON BARTENDING POSTURE

2023



# JIMMY GREATHOUSE

## DPT, ATC, TPI CERTIFIED

Jimmy received his undergraduate degree at University of the Pacific, majoring in Sports Sciences with an emphasis in Sports Medicine. He went on to receive his Doctorate degree in Physical Therapy from Mount Saint Mary's University. Specializing in orthopedics over the past 8 years, Jimmy takes a personal approach in addressing the core of his client's conditions. Utilizing a mix of manual techniques, functional exercise, and modalities, Jimmy strives to provide the highest level of care.

### **Greathouse Physical Therapy**

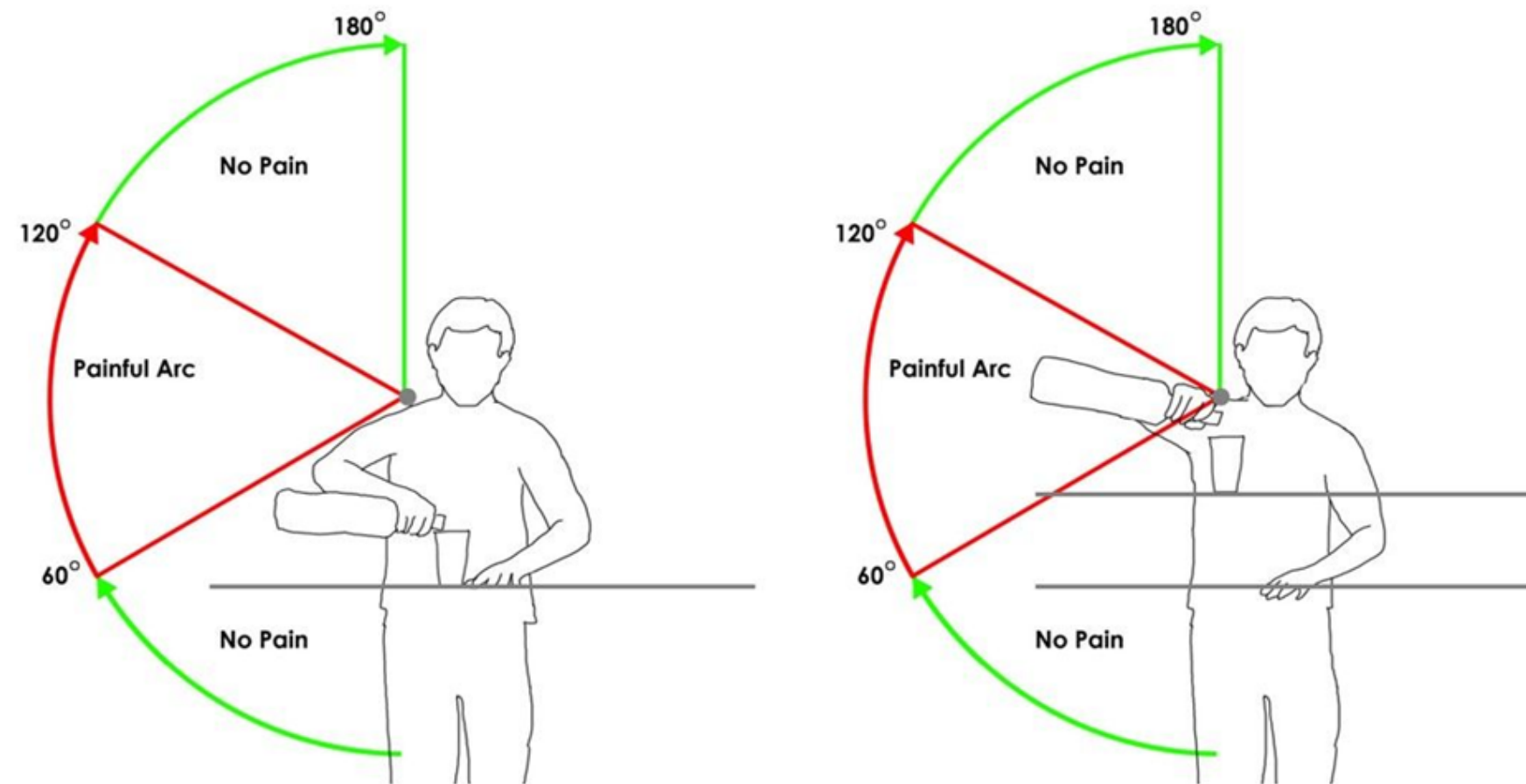
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External Message:

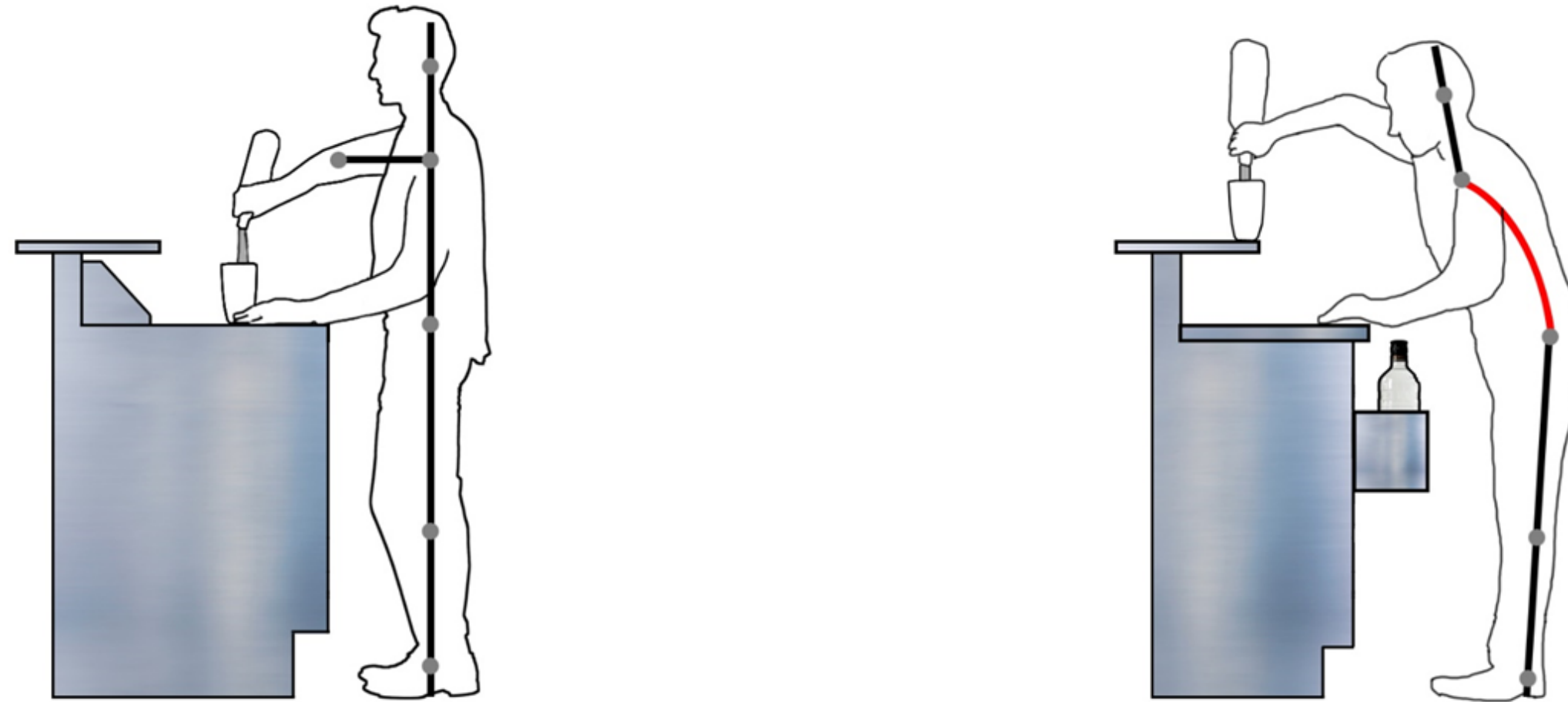
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# FRONT VIEW POSTURE



With the Eurobar the need to repeatedly lift bottles into the zone that commonly causes painful conditions such as shoulder impingement syndrome, rotator cuff tendinopathy as well as elbow epicondylitis is significantly reduced. Lifting and pouring is performed in a more neutral position, below 90 deg of shoulder abduction, decreasing the likelihood that these shoulder and elbow conditions develop.

# SIDE VIEW POSTURE



Eurobar reduces the frequency of the need to lean forward for sustained periods of time, effectively decreasing the repetitive stress placed upon our disc. Disc and spinal loading is measured in force pressure (newtons) which is exponentially increased with even slight forward bending required in traditional bar set ups but also with the subtle weight of 1-liter bottles as they move further away which is required when building a drink on a more distant surface.