



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

GAIN RELIEF TODAY

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IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE



Your body was made to move, especially your spine. It is common for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful. A common reason why this happens is due to poor posture.

Posture plays a large role in our everyday lives. How you sit, stand, stretch, and lift all play a role in the pressures on your spine. Fortunately, FYZICAL can help ease some of this physical stress. Specialized hands-on techniques and exercises can help restore the flexibility in your spine and improve your posture. Our dedicated physical therapists can also provide you with helpful lifestyle changes for improving your posture and spine health. Contact our office today to learn more!

What can I do to improve my posture? When standing, walking, and sitting, imagine a string pulling you up through the top of your head. This brings your neck, shoulders and back into better alignment.

Sitting is the position that puts the most pressure on the lower back. It is important to break up your sitting time throughout the

Whether you have been injured or have been suffering for a long time, seeing a physical therapist at FYZICAL Therapy & Balance Centers of Hazleton can help you return to a more active and pain-free life. Give us a call at (570) 501-1808 today!

day and take frequent breaks. Work in standing or walking tasks at various times throughout the day, limiting your sitting to about 30 minutes at a time.

It is also important to make sure your core muscles are strong, as this is an integral part of practicing proper posture. Your core muscles are made up of your abdominal muscles, spinal muscles, and pelvic/hip muscles. It is very common for these muscles to become weak with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strengthening your abdominal and hip muscles can go a long way to providing the necessary muscle support to your spine. Consult with one of our dedicated team members today to discuss how our individualized treatment plans can provide you with the best core exercises for your needs.

HOW CAN PHYSICAL THERAPY HELP WITH MY SPINE HEALTH?

Most spine pain comes from the following 4 trouble areas:

1. Poor posture and alignment.
2. Lack of knowledge on how to bend, lift, sit, sleep.
3. Lack of muscle strength.
4. Poor flexibility and muscle coordination.

By improving posture and core strength, you can relieve some of these troublesome causes. There are a couple key ways that improving posture with your physical therapist can help promote spine health:

1. It encourages strength and flexibility. If you have struggled with poor posture for a while, there is a good chance that it will be difficult to maintain proper posture in the beginning. It may take some time in physical therapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physical therapist to achieve your physical goals will lead to greater overall fitness. The stronger and more flexible you get, the less likely you are to suffer from back pain on a regular basis.

2. It improves function for all activities. When we think of posture, many of us picture an image of static positions - such as sitting at a desk or standing up straight. However, proper posture can be (and should be) incorporated into everything we do.

Through physical therapy treatments, your physical therapist will guide you on how to maintain proper posture during all of your favorite activities, such as walking, running, and playing sports. The improved posture you adopt in each activity will lessen the wear and tear you put on your spine, which minimizes the risk of developing back pain from these activities.

3. It avoids harmful anatomical changes. The ways in which you use your spine can actually cause changes to your anatomy. The



stress caused by sitting hunched can eventually lead to damage of your muscles, joints, spinal discs, and the nerves and blood vessels that travel through your spine. Fortunately, in many cases the damage can be reversed, if you engage in targeted physical therapy treatments and learn how to maintain proper posture.

Improve your posture with FYZICAL today! Physical therapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physical therapist. Contact our office today to get started on the path toward better posture and decreased pain! **We'll help you achieve the strong spine health you need.**

Call us today to schedule an appointment!



'NICE' CREAM

INGREDIENTS

- 4 bananas, frozen
- 2 tbsp nut butter (almond, peanut, cashew, etc.)

- Splash of non-dairy milk
- 1 cup fresh strawberries, sliced
- 1/2 tsp vanilla extract

DIRECTIONS

Combine the bananas, nut butter and splash of non-dairy milk in a food processor and blend until smooth and creamy. TIP: If the mixture is too thick to blend, add more non-dairy milk until smooth. Add the strawberries and vanilla and blend, leaving a few solid bits of strawberry throughout. Serve immediately or transfer the 'nice cream' to an airtight container and freeze for 30 minutes for a soft texture or for 1 to 2 hours for a firmer texture. Serve with your favorite toppings, if desired.

Source: <https://www.savoryonline.com/recipes/211982/nice-cream>

WORD SEARCH

P O L L E N C S X R E N
W G B F N F O U G S A J
T T U E R U S N B B M Z
H S E R F R F S Z U T Q
B S I A E U N H O D Q T
U K E W S M Z I W X Z K
E B O E P P H N U V M R
Z H U M B Q R E R N B R
S U D Q X D N I R G L V
F L O W E R S A N A O Z
O U V M W I I U I G O R
P T W Y Z N H H C V M X

BEES
FRESH
SHOWERS

BLOOM
POLLEN
SPRING

FLOWERS
RAIN
SUNSHINE

Relieve Back Pain In Minutes

Try this movement if you are experiencing back pain.

Improves Posture

 SimpleSet Pro
www.simpleset.net

WALL POSTURE

Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time. Hold for 20 seconds and repeat 10 times.



PATIENT SUCCESS SPOTLIGHT



"There is no other place to go!"

"Ting and his staff know what they are doing. There is no other place to go. Love them all." - K.I.

DISCOVER HOW TO LIVE PAIN-FREE

At FYZICAL, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.

We have blocked off 20-minute appointment spots for FREE consultations with our physical therapists. The purpose of the appointment is to go over any problems you are having and get you on the right path to living a healthier life. **So if you are experiencing any pain and you'd like to find out the cause and the way to solve it, then give us a call to schedule. 570-501-1808.**

FREE

**20 MINUTE
CONSULTATION**

BIG

DEAL



**CALL (570) 501-1808
TODAY TO SCHEDULE**

Limited to the first 15 callers.
Offer expires 04/28/21



FREE 20 MINUTE
CONSULTATION
DETAILS INSIDE

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**CHECK OUT OUR ONLINE
STORE!**

FYZICAL now offers physical therapy items and workout equipment on our online store. **Visit our store at www.fyzical.com/hazleton/Online-Store/Link-test.**

