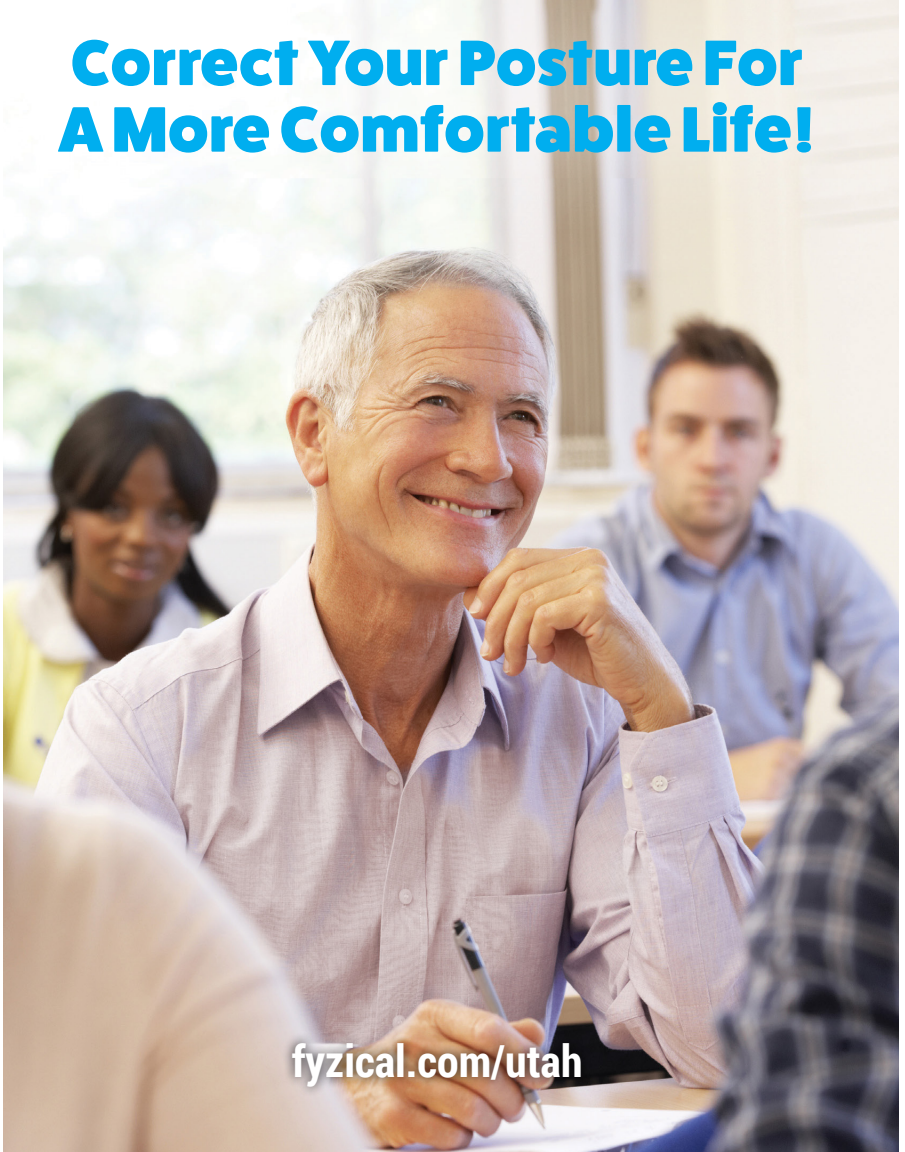




FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

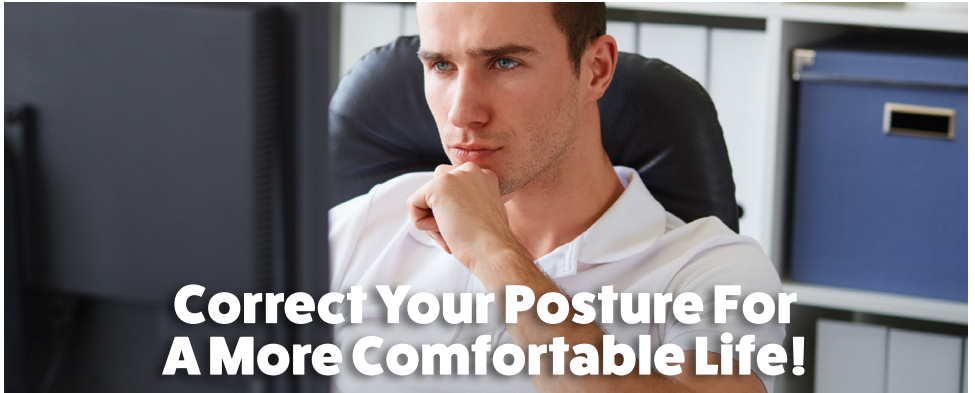
Correct Your Posture For A More Comfortable Life!



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NEWSLETTER



Correct Your Posture For A More Comfortable Life!

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of physical therapy. Call us today to learn more about how you can improve your posture and lead a pain-free, active life!

The 3 curves of your spine:

Your spine has 3 curves, which provide support and flexibility, in addition to protecting the nerves running up and down your spine. Your neck and lower back should be gently curved in, while your upper back should be slightly curved out.

When you slouch, the spine in your neck and lower back becomes straighter, while the upper back becomes excessively curved. This produces a forward-head posture and humped upper back. If your abdominal muscles are weak, you may also experience an excessive arch in your lower back.

Common postural issues:

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in bad posture habits in one way

or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

IMPROVING YOUR POSTURE:



Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

In fact, physical therapy has been proven as one of the most successful methods for improving posture. According to a study published by the National Institutes of Health, titled, "Evidence-based protocol for structural rehabilitation of the spine and posture," the method of structural rehabilitation has a strong efficacy

for back pain, neck pain, and postural improvement. Physical therapists have found success in using their methods to treat postural issues, as well as the chronic conditions that may develop as a result.

Physical therapists are movement experts, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

Patient Success Spotlight



"They use all the current forms of promoting proper muscle repair"

"Extremely helpful and friendly and in-depth with their assessment! They take the entire first appointment to review your case, and their staff is extremely professional. They use all the current forms of promoting proper muscle repair, and their knowledge of specific stretches and exercises to help you is expansive. I will be recommending them in the future!" – P.N.

Relieve Pain In Minutes:

Try this stretch if you are experiencing arthritic pain.

Helps Stretch Back & Core

 SimpleSet Pro
www.simpleset.net

REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on your thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up.



Three Tips for Good Posture



Physical therapy treatments will yield the best results when focusing on improving your posture. However, there are some simple tips you can use on your own when standing, sitting, or bending in your daily life:

1. Standing

Stand facing a mirror. Look at your shoulders - does one seem higher than the other? Look at your neck - does it tilt to one side or stick forward?

Pretend that an imaginary string is pulling gently through the top of your head. Notice how your posture improves automatically when you try to be taller? Keep your abdominals slightly contracted to maintain this posture. When walking, make sure that your arms are moving comfortably back and forth, feeling the rotation through your torso.

2. Sitting

Sit all the way back in your chair so you feel your lower back against the backrest. Avoid prolonged sitting on soft couches when watching TV, as this causes excessive slouching. Try to keep your feet flat on the floor and angle your chair so that your knees are slightly lower than your hips.

Try using a small rolled-up towel for your lower back if you need more support while sitting. If you work at a computer, make sure that your keyboard and mouse are slightly lower than the level of your elbow. You may need to adjust your seat higher to make this happen.

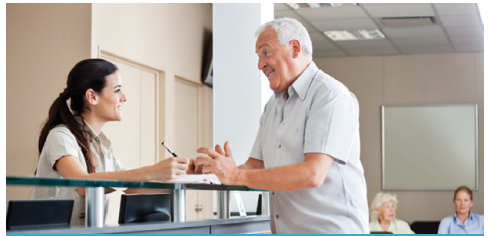
3. Bending

Most back injuries occur when bending and twisting at the same time. When you need to bend down to get something from a low surface, make sure you squat, and keep your abdominals tight as you do so. In addition, if you are lifting something, get your body as close as possible to what you are lifting. Try having one leg forward to use your legs more to lift, rather than your back.

Contact us for assistance:

As part of your physical therapy treatment, we can teach you proper posture, bending, and lifting techniques to protect your body from future injuries and make sure you stay healthy for the long-haul.

Contact Fyzical Therapy & Balance Center today to learn more about how we can help you live pain-free!



Refer A Friend

Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

Have Them Call Us Today!
They will thank you, and so will we!

To: _____

From: _____

Healthy Recipe:



Pink Sunrise Strawberry Smoothie

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!