



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

APRIL 2021

# NEWSLETTER

[www.fyzical.com/central-illinois](http://www.fyzical.com/central-illinois)



## CORRECT YOUR POSTURE FOR A MORE COMFORTABLE LIFE!

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# CORRECT YOUR POSTURE FOR A MORE COMFORTABLE LIFE!



## WE WANT TO HEAR FROM YOU!

Record a video!



We want to hear from you! We are looking for past and current patients who would be willing to record a video testimonial for us. **Claim your FYZICAL fame and give us a call today!**

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day 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 actually 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, in order 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.

**3 simple tips:** 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 back rest. 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.

## CONTACT US AT (217) 345-2345!

### ARUGULA, GRAPE, & SUNFLOWER SEED SALAD

#### INGREDIENTS

- 3 tbsp red wine vinegar
- 1 tsp honey
- 1 tsp maple syrup
- 1/2 tsp stone-ground mustard
- 2 tsp grapeseed oil
- 7 cups baby arugula
- 2 cups red grapes, halved
- 2 tsp toasted sunflower seed



- 1 tsp chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 tsp ground black pepper

#### DIRECTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.



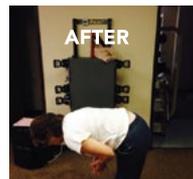
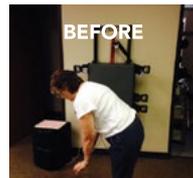
Try using a small rolled-up towel for your lower back if you need more support while sitting. If you work at a computer, make sure that your keyboard and mouse are slightly lower than the level of your elbow. You may need to adjust your seat higher to make this happen.

**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 today to learn more about how we can help you live pain-free!](#)

## ATM POSTURING DEVICE

Back spasm and pain can change your lifestyle. Back spasm occurs because injury starts with one muscle group to tighten to protect the body from more injury or more pain. Soon the brain and nervous systems tell surrounding muscles to join the cause. This is called the Pain Spasm Cycle. The result...you can barely move. Now just walking into the other room is a major ordeal and saps all your energy. ATM2 is a device that puts your body in that 'safe' position so your muscles can relax. While in this protected, relaxed position you can perform exercises. Now since you are locked into a 'safe' position your brain/nervous system tells your muscles to stay relaxed as the 'danger' is over. This is why you can see a 50% improvement in one visit.



## PATIENT SUCCESS SPOTLIGHT

“I was having trouble going about my daily life due to leg pain. Now I’m able to do all the daily tasks that I was struggling with before.” - Aaron W.



## HONORED ESSENTIAL WORKERS



The staff at FYZICAL of Central & Mattoon, IL were honored and thanked for all their hard work and caring as Essential Workers in 2020 and 2021, by members of the Mattoon Chapter of Modern Woodmen (MW). Each March, the MW chapters try to honor one or more Hometown Heroes who have made significant contributions to the health and/or welfare of their community. From left to right are Dr. Richard Kruckeberg, P.T., and MW members Ann Brandenburg, Yolanda Witt, Dale Witt, and Cheryl Hawker. Note: Yolanda, Dale, and Cheryl are former and/or current clients of Dr. Kruckeberg.

## HAPPY SPRING!

We received a bouquet of flowers! Compliments of Sidney’s boyfriend Matt!



## Exercise To Do At Home

Improves posture

### TANDEM WALK | WALL

Stand with the fingertips of one, or both, hands resting on a wall. Place the feet ‘heel to toe’ with the left foot forward. Steady yourself in this position. Step forward with the right foot, placing the heel directly in front of, and touching, the toes of the left foot. Step forward with the left foot, placing the heel directly in front of, and touching, the toes of the right foot. Repeat this sequence, moving forward down the hallway. Reverse direction, moving backward down the hallway. Repeat 5 times.

SimpleSet Pro  
www.simpleset.net



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

**MATTOON:**  
(217) 345-1245

**SULLIVAN:**  
(217) 728-8100

