

THE



FYZICAL[®]

Therapy & Balance Centers



MAY, 2022

NEWSLETTER



WALKING AWAY FROM YOUR NAGGING BACK PAIN

INSIDE:

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IMPROVE YOUR POSTURE WITH PHYSICAL THERAPY AT FYZICAL

Do you catch yourself slouching throughout the day? Do you notice your spine gets sore those last couple hours of the school or workday? If you are experiencing aches and pains, especially in your neck or back, your poor posture may be to blame.

Most of us spend our day staring at a computer screen, riding in our car, or looking down at our phones. These slouched postures with our heads tilted forward or looking down cause stress to the muscles and joints of the neck and back.

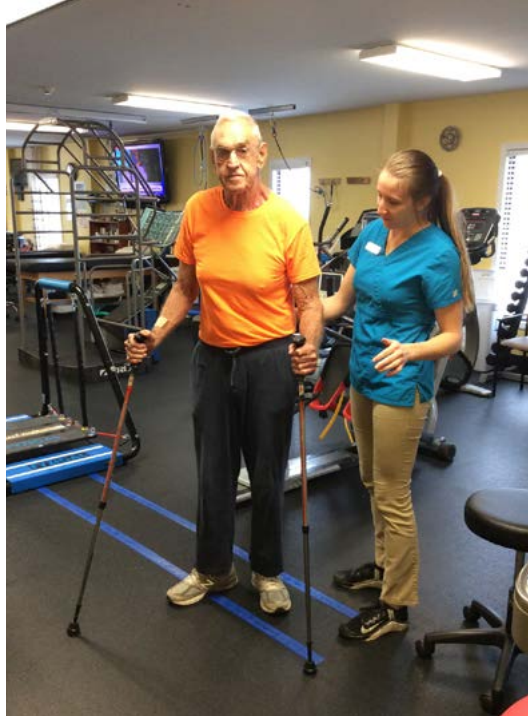
The worse your posture is, the more intense your back and neck pain can become. Fortunately, your posture can improve with the help of physical therapy. Call FYZICAL Traveler's Rest today to learn more about how you can improve your posture and lead a pain-free, active life!

What are the natural curves of your spine?

Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and even spending time with family on the weekends all rely heavily on your ability to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it.

Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physical therapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Our spines are made up of four natural curves: the cervical, thoracic, lumbar, and sacral. When the spine is in its natural position, the vertebrae stack up over one another, and we call this "good posture" or sometimes "neutral spine."



These natural curves, along with the intervertebral discs, absorb and distribute stresses from everyday activities such as sitting, standing, walking, or more intense activities such as running and jumping.

When you slouch, the spine in your neck and lower back becomes straighter, while the upper back becomes excessively rounded. This produces a forward-head posture, humped upper back and flattened lower back.

Ideally, our postures will change depending on our activities. Unfortunately, we often sink into poor postural habits and lose the natural stacked position our spines were designed to have.



WHAT ARE THE MOST COMMON PROBLEMS WITH BAD POSTURE?



Very few people have perfect posture. We become so wrapped up in whatever tasks we are doing that we forget to think about how we are holding our bodies. Most people ignore their posture until they begin to notice aches and pains.

Improper posture isn't due to laziness but is generally due to bad habits, or at times, a physical weakness within our bodies. We slouch and slump when we get distracted or due to the design of our comfy couches and chairs. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Over time the sustained postures will affect the muscles needed to keep you upright and functioning at your best. Your body is designed to align perfectly to allow for proper movement of your muscles joints. When your spine is not stacked in the natural posture, it can affect breathing, digestion, and blood circulation.

If poor posture continues, it often leads to chronic conditions like back and neck pain. Poor postural habits can also affect your shoulders, especially reaching overhead. In more severe cases, the slouched posture can affect how you walk and negatively affect your balance.

What to expect in physical therapy

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.

Here are a few steps you can take to have an immediate impact:

Limit how long you sit

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time.

Find your natural posture

The spine does not like to remain in any one position for extended times. By finding your natural posture, you can counteract the slouching you do throughout the day. Start by lifting your breast bone (i.e., sternum) towards the sky. This will naturally cause your spine to straighten out which will lift you into your natural posture.

Start strength training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Train the muscles of your hips, pelvis, and spine--your core muscles--to help your posture.

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 improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.



Contact us for an appointment

As part of your physical therapy treatment, we can teach you to find your natural posture to protect your body from future injuries and make sure you stay healthy!

Contact us today to learn more about how we can help you live pain-free!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/>
<https://pubmed.ncbi.nlm.nih.gov/31789300/>

CALL US TODAY



FYZICAL[®]

Therapy & Balance Centers

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

It's time to go to FYZICAL Therapy & Balance Centers if:

- You're tired of living in pain
- You want to feel better and move better
- You want to prevent injury

Patient Success Spotlight



"They go the extra mile..."

"Everyone is so knowledgeable and does a fantastic job aiding in the PT journey! They go the extra mile and offer some fabulous added state of the art therapies, leaving you feeling so much better - faster:) Extremely happy with the quality of my care!" - **Stacy T.**

CROSSWORD PUZZLE

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

KC'S CORNER

Happy May Everybody! I hope your spring has been full of family time, flowers and fun times! Whether you're gardening or golfing, it's important to have correct posture or it can throw your entire body out of whack! We have a lot of new things in our office to help with balance and posture specifically (and it's all included in your insurance)! No matter your age, posture is one of the most important things in keeping your body pain free and able to keep doing all the activities you love! Call my people today so we can help you! - **K.C.**



BODITRAK



Boditrak



Come check out our new Boditrak to learn about your balance and posture today! Call our office with any questions or come in and check it out for yourself!

The Bod-Trak objectively gives us the ability to identify our primary source for maintaining our balance. While we are supposed to be able to use our eyes, inner ear (vestibular system), and our feet interchangeably to maintain balance for all activities and situations, we usually start to rely on one of these systems more than the others – especially as we develop eye issues, neuropathy, concussions, hearing loss, or even a vestibular loss from disuse, which occurs with age. The Bod-Trak will show us the deficits and help us to know the progression of exercises which will benefit you the most and give us the quickest recovery possible.

www.FYZICAL.com/travelers-rest

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If you leave us a Google Review, you will be entered into our raffle!

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our review page)
3. Tell us how we did!

