

THE



FYZICAL[®]

Therapy & Balance Centers



MAY 2023

NEWSLETTER



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

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IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Do you find your back and neck getting stiff and sore at the end of the day? Do you notice your mood feels worse after sitting slumped over your computer? If so, your posture may be to blame.

At FYZICAL Travelers Rest, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine!

Your body was made to move, especially your spine. It is typical 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.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These postures create a lot of stress on our spine. The worse your posture is, the more intense your back and neck pain, the harder it is to breathe, and the worse your mood becomes.

Fortunately, FYZICAL Travelers Rest can help ease some of these stressors. Specialized hands-on techniques and targeted exercises can help restore mobility and strength in your spine and improve your posture. Our dedicated physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! Call today to make an appointment.

What Exactly Is Good Posture?

When people think of posture, they usually imagine someone sitting tall or perhaps slumped. Or they imagine someone standing tall at attention (like in the military). Posture is the position(s) of a person's body in space. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people call "good posture" (also referred to as a neutral spine). This neutral spine posture allows the body to absorb and distribute stresses from everyday



activities such as sitting, standing, walking or more intense activities such as running and jumping.

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

What You Can Do to Improve Your Posture

Prolonged slumping while standing or sitting can cause your back, hip/pelvis, and abdominal muscles to become strained and painful. Poor postural habits also impact your overall health by reducing your cardiovascular function, inhibiting your breathing, impacting your balance and gait, and harming your overall mood.

Our highly trained therapists can educate you about your posture's impact on your body and teach you simple skills to find and maintain a neutral spine. For example, when you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes at a time.

How Can Physical Therapy Help My Posture?

Physical therapy is the right solution to improving your posture and spinal health. 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.

It is normal for people to lose a sense of how their postural muscles work and contribute to the health of their spine. These muscles become weak and uncoordinated with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strength training exercises have been shown to help improve our overall posture. It is vital to make sure your core muscles (i.e., hip/pelvis, back, and abdominal muscles) are strong and integral to practicing proper posture.

Your therapist will teach you strategies like:

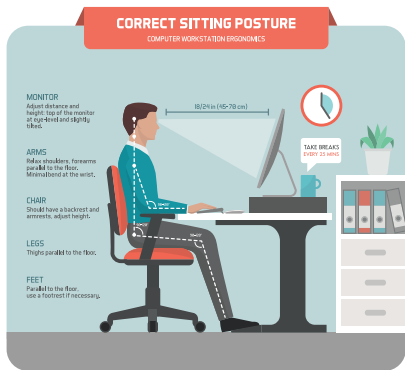
- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

Improve Your Posture with FYZICAL Travelers Rest Today!

Get back to your optimum health by consulting with a licensed physical therapist. We'll help you achieve the strong spine health you need. Contact our office today to get started on the path toward better posture and decreased pain!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>; <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00586/full>; <https://www.sciencedirect.com/science/article/abs/pii/S0021292020301445>



At-Home Exercise

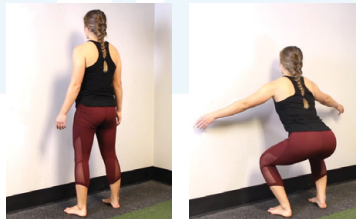
POSTURE SQUATS FACING WALL

Improves Your Posture

Start by standing facing a wall with your feet just outside hip-width apart and your toes pointed slightly out. Slowly bend at your hips and knees to lower your butt toward the ground without hitting the wall. Make sure to keep your heels down. Drive through your heels to stand back up straight. Step closer to the wall if possible or farther if needed. 3 sets, 10 reps.



Always consult your practitioner before attempting an exercise you are unsure of.



Product Spotlight: **ARCHIES**



No matter our age, foot support is always important in any activity, not just exercising! Since summer is coming and things are warming up we wanted to offer something new and helpful to our clients! "Archies" are orthotic flip flops/sandals giving you the foot support you need while doing everything you love — like walking on the beach or walking your dogs!

- Up to 2.2cm of orthotic support encourages optimal foot posture aiding whole body alignment. The strap can also be stretched to suit the width of your foot!
- Walk all day without overusing muscles and tendons in the feet!
- Archies' **Specialized Closed-Cell Foam Material** and **Patented Footbed** not only molds and conforms to the shape of your foot, but cradles and supports your arches, putting your feet in the most biomechanically appropriate position possible.
- Leads to improved lower limb mechanics which results in less energy exertion — effortless walking, faster recovery and overall healthier feet!



Patient Success Spotlight

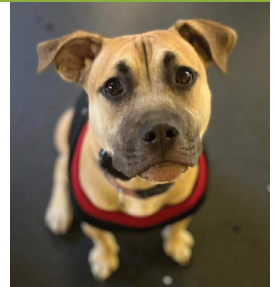
"This was my second trip to Russell Fyzical. I'm 75 yrs old. Can't receive better personal attention to physical problems. My issues were in the back and hamstring areas. Brett Russell is a "hands on" manager who takes an interest in every patient. Hannah was my trainer for 6 weeks. She developed a program that gradually brought me to a point where I was able to successfully perform the exercises at home. I know I am always welcome if future issues occur."

— **Paul S.**

ELLIE'S EDITORIAL



Hi friends, I hope you're all doing well and looking forward to sweet summertime! I keep busy helping out my people at the office, having my human walk me and having friends play ball with me outside! One cool thing about being a pup is I don't have to worry about wearing any shoes, but all my people do! Since it's already getting hot outside, we wanted to have something new in the office that would make this hot weather bearable - orthotic flip flops! Now you can walk your dogs, search for shells on the beach, enjoy outdoor activities and sports while being comfortable yet still having the support you need! We have mens and womens, all sizes and all colors! Come check them out in the office for yourself and say hello to me while you're there! — **Ellie**



HAS YOUR PAIN RETURNED? COME BACK TO PT!

CALL US TODAY!
(864) 834-4995

www.FYZICAL.com/travelers-rest