



physical
therapy
of Melissa

Health & Wellness

The Newsletter About Health And Self-Care

*Happy
New Year*

From all of us at
Physical Therapy of Melissa!

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CORE CURRICULUM!

Improve Your Health By Strengthening Your Core

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TAKE ADVANTAGE OF OUR FREE SCREENING OFFER!



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The Newsletter About Your Health And Caring For Your Body



CORE CURRICULUM!

*Improve Your Health By
Strengthening Your Core*

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Physical Therapy of Melissa today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT EXACTLY ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly.

When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Physical Therapy of Melissa, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

5 TIPS TO STRENGTHEN YOUR CORE AT HOME



There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

1. Improving your posture. Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. Avoiding injury. Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.

3. Getting adequate rest and exercise. Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake

up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

4. Eating nutritious meals. If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

5. Getting expert help. The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Physical Therapy of Melissa our physical therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

Healthy Recipe: GLUTEN-FREE BREAKFAST HASH



INGREDIENTS

- 5 medium-large potatoes washed and peeled
- 1 large white onion chopped
- 2 tbsp extra virgin olive oil
- 2 green onions trimmed and finely chopped
- 4 eggs
- 1/4 cup shredded cheddar cheese
- salt and pepper to taste
- 1/4 tsp paprika

INSTRUCTIONS

Cut potatoes into 1/2 inch wedges. Heat olive oil in a large cast iron skillet or frying pan over medium heat. Cook potatoes for 25 minutes, covered, stirring every 4-5 minutes. Add chopped white onion. Cook for another 5-10 minutes, uncovered, and stirring constantly. When potatoes are crispy and golden brown, add green onions, salt, and pepper. Stir through. With your spatula, make four wells in the potatoes and crack an egg into each one. Sprinkle shredded cheddar all around. Cook until the egg whites are set, or until your liking. Cover pan with lid for poached eggs. Add more olive oil on eggs if desired. Sprinkle eggs with a pinch of paprika seasoning. Serve immediately.

PATIENT SUCCESS SPOTLIGHT



“They made me feel like family every time I came. I am thankful for their help, even when I was growling!” — **Tonia B.**

Check out more reviews on Google by searching “Physical Therapy Of Melissa.”



PRACTICE NEWS

CELEBRATING TWO YEARS OF SERVICE!



Congratulations Dr. Taylor Burchel and Eli for your 2 years of service to our AmaZing community! Thank you both for all you do!

www.ptofmelissa.com

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Visit our website or follow us on Facebook to see what's going on at Physical Therapy of Melissa!

Exercise Essentials

Exercise For Improving Core Strength



BILATERAL LEG LOWERING

Lie on your back, knees bent, feet flat on the floor. Place your hands on the front of your pelvis. Straighten both your knees as you slowly lower your legs towards the ground with control. Return to the starting position. Repeat 10 times.



For other exercises to help build strength and stay active, contact your physical therapist at PT of Melissa today!

Enjoy this Special Offer!

Do You Suffer From Sciatica Pain?

Mention or Bring in This Coupon Today For a

FREE BACK PAIN SCREENING



If you have neck pain, please give us a call and schedule a free screening so we can get you going!

Call Today! (972) 961-3360

Offer valid for the first 25 people to schedule. Offer expires 01-31-21.