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Health & Wellness

The Newsletter About Health And Self-Care

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STAND TALL THIS SPRING

By Coming Back To Physical Therapy

SEE INSIDE:

3 Simple Tips For Better Posture

TAKE ADVANTAGE OF OUR FREE SCREENING OFFER!



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Health & Wellness

The Newsletter About Your Health And Caring For Your Body



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 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 FOR BETTER 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 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.

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 Physical Therapy of Melissa today to learn more about how we can help you live pain-free!



CALL TODAY! (972) 961-3360

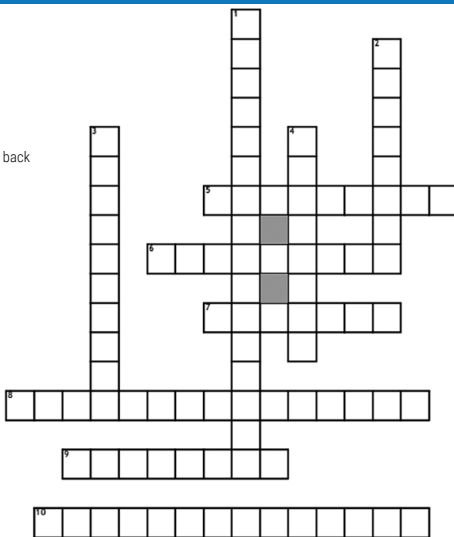
Work Out Your Brain! Posture Crossword

ACROSS

5. factors that you have control over that can cause injury
6. bending of the spine from side to side
7. cause of poor posture
8. doesn't always cause discomfort but over time this can cause strain on your back
9. lack of this can lead to a sedentary lifestyle resulting in poor posture
10. over-stretching of the muscles of the upper back

DOWN

1. psychosocial factors such as a job or work that can lead to poor posture
2. outward curve of at the top of the spine
3. rising of the pelvis
4. inward bending of the spine at the lower back



PATIENT SUCCESS SPOTLIGHT



“I'll start with the staff. Pam and Taylor- They are excellent and personable. I've had pain with shoulder blades. The exercises they helped me with have helped diminish the pain with my shoulder blades.” — Marshall M.

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



PRACTICE NEWS

CONGRATULATIONS TO BRITTANY WESLOCKY!



Congratulations to our PT Intern, Brittany Weslocky, for being accepted into Baylor Scott and White Institute for Rehabilitation (BSWIR) - Texas Woman's University Residency in Women's Health. Brittany became interested in pursuing this specialty in Physical Therapy after going through her triplet pregnancy and wanting to learn how to improve postpartum care. It was a pleasure having Brittany intern at PTM and we wish her the best as she advances her career in Women's Health!

www.ptofmelissa.com



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

Exercise Essentials

Exercise For Improving Posture.



SimpleSet Pro
www.simpleset.com

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height. Repeat 10 times.



For other exercises to help relieve pain and strengthen, contact your physical therapist at PT of Melissa today!

Enjoy this Special Offer!

Do You Suffer From Poor Posture?

Mention or Bring in This Coupon Today For a

FREE PAIN SCREENING



If you are suffering from poor posture, 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 04-30-21.