



NEWSLETTER

HOW BAD POSTURE AFFECTS YOU

OUR SERVICES

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HOW BAD POSTURE AFFECTS YOU



INSIDE:

- What Can I Do About Bad Posture?
- Fruit Sparklers

- Healthy Grilling for Arthritis Sufferers
- Relieve Pain in Minutes



Do you suffer from daily or recurrent aches and pains? If so, your posture may be the culprit. Just think about the number of hours a day we spend staring at a computer screen, hunched over our desks, or staring at our phones. That creates a lot of stress on the neck and back, especially if you are slouched, tilted forward, or looking down for prolonged periods of time.

How Does Poor Posture Affect Me?

Changes to your posture can negatively affect your body, and you may find yourself experiencing some of the following symptoms:

- If your posture contains a forward head tilt – This forward-head posture creates a strain on the neck, which can result in neck pain, shoulder pain, arm pain, chronic headaches, and lower back pain. Tilting your head forward for long periods of time shortens the muscles in the back of the neck, and can result in soreness throughout multiple parts of your body.
- If your posture contains slouching of the mid-back – If you slouch the middle of your back, you can drive your head forward and alter the way your ribs naturally align. By doing this, you may experience pain in the slouched region of the mid-back, in addition to pain in the neck. If this is your average standing posture, it is important to seek physical

therapy treatment right away – over time, standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

- If your posture includes sitting for long periods of time – When you sit for prolonged periods of time, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which can cause soreness or achiness in the hips, legs, and back, and can create issues with your gait.

The way in which you walk can also have an effect on your posture. When you have improper posture, your center of gravity changes. This can cause your balance to decline, which can cause pain when walking, thus creating a vicious cycle of overcompensation and pain.

The most common symptom of poor posture is lower back pain, although pain can be present in other parts of the body, as well. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. Over a period of time, constant poor posture can create an unusual amount of wear and tear on the lower back, which can increase the risk of arthritis in the spine.

SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACES AND PAINS!

www.wisept.com

What Can I Do About Bad Posture?

It can be difficult to correct poor posture, but there are a few steps you can take on your own to try and help:

1. Sit properly. – If you are at a desk for extended periods of the day, make sure your stance is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.
2. Take stretch breaks. – If you are an office worker, it is not secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so, and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.
3. Exercise. – Exercise is incredibly important, especially if your job produces several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back. Taking even a small amount of time to walk or jog around the neighborhood every day can highly improve your overall gait.
4. Set up your office properly. – If you work from an office all day, it is

important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you do not have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

How Can Physical Therapy Help?

If these at-home treatments do not work, it is important to consult help from a physical therapist. Simply standing up straight is a fight against gravity, and if you have been standing the wrong way for several years, it may be difficult to change it on your own. However, physical therapists are dedicated to getting you on back on track to a pain free, and risk free life. They will evaluate your posture and gait to determine the best treatments necessary for you, and then they will create a treatment plan unique for your needs. They can improve your posture, eliminate your pain, and get you back to doing the activities you love to do. If you are experiencing pain, and you think it may be a result of your posture, give us a call today. We will help you get back to a comfortable posture with just a few sessions.

CALL US TODAY TO SCHEDULE AN APPOINTMENT (907) 562-2118.

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FRUIT SPARKLERS

INGREDIENTS

- 16 ounces fresh blueberries
- 1 whole watermelon
- Bamboo skewers

DIRECTIONS

Cut watermelon vertically into 1 inch thick slices. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star. Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.



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Healthy Grilling for Arthritis Sufferers

MAIN DISHES

Instead of greasy burgers, brats, and hot dogs, try ...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You will receive immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

- Bean salad. All beans boast fiber, protein, and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella, and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

Relieve Pain In Minutes

Try this movement to find relief from lower back pain.

Helps Loosen Your Lower Back



PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.



Patient Success Story

Antonio Yadiel Alvarez Ortiz

When I first started coming here, I had all sorts of back pain and stiffness throughout my whole body. Three and a half months later, I feel much better- I'm more flexible and loose. As



my job requires me to run, move, lift and jump, I was scared that it couldn't be fixed; while continuing to come to Wise Physical Therapy, I can say I feel much better. All the personnel here were very professional and understanding of my situation; I thank them for that. I hope I can still see them doing good in the road ahead (or at Walmart).



Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!

FOLLOW US!

Look and feel your **BEST**.



"Our Mission is Movement!"



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