



# NEWSLETTER

## FIX YOUR PAIN BY CORRECTING YOUR POSTURE



### OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

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# NEWSLETTER



## FIX YOUR PAIN BY CORRECTING YOUR POSTURE

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 us 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?

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.

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

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# WHAT TO EXPECT FROM 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 today

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 Wise Physical Therapy 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/>



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# HOW ARE WE DOING? LET US KNOW!

*We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. We look forward to seeing you again soon!*



**CALL US TODAY FOR AN APPOINTMENT (907) 562-2118**

## HEALTHIER DEVILED EGGS



### INGREDIENTS

- 6 large eggs
- 1 Tbsp plain or garlic hummus
- 1 tsp dijon or spicy mustard
- 1 tsp apple cider vinegar
- 1 tsp olive oil or avocado oil
- 1 ½ tsp raw honey (or sub maple syrup)
- 1/4 tsp ground turmeric
- 1 pinch cayenne pepper
- 1 pinch smoked paprika, plus more for topping
- 1/4 tsp sea salt, plus more to taste
- 1-3 Tbsp water

### DIRECTIONS

Hard-boil the eggs by method of your choice. Once the eggs have been boiled, cooled, and peeled under cool running water, pat dry and halve with a sharp knife. One at a time, tip the eggs over (cut-side down) and transfer the yolks into a small mixing bowl (use a spoon to gently scrape out any remaining yolk if needed). To the yolks, add hummus, mustard, apple cider vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Then taste and adjust flavor as needed, adding more salt to taste, vinegar for acidity, honey for sweetness, cayenne for heat, paprika for smokiness, or hummus for fluffy texture / garlic flavor. Transfer filling to a small piping bag or plastic bag with the corner clipped to pipe the yolk filling into the cooked egg whites (or simply use a spoon to fill the eggs). Source: <https://minimalistbaker.com/mayo-free-deviled-eggs/>

## WELCOME TO THE TEAM!



Kristin was born and raised in Durango Colorado and she joined the United States Air Force after graduating high school. She enjoyed many adventures in the military and eventually met her husband while being stationed in Guam in 2009. They spent multiple years traveling together before

welcoming their son Asher Jacob into the world in March of 2020. Life is quite different now but they are enjoying exploring all that Alaska has to offer as a family of three.



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## PATIENT SUCCESS STORY



"Everyone has been so friendly and helpful. I've struggled with back pain from scoliosis for a long time, and was given lots of tools and information on how to alleviate that pain and discomfort." - **J.W.**



### Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods
- ✓ Walk for long distances
- ✓ 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!"**