



NEWSLETTER

IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE



OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

MYOFASCIAL RELEASE

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NEWSLETTER



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 Wise Physical Therapy, 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, Wise Physical Therapy 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, and 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!

Call Us Today (907) 562-2118

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

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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 Wise Physical Therapy 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/S0021929020301445>

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

OATMEAL PANCAKES WITH CINNAMON APPLES

INGREDIENTS

- 1 1/2 cups buttermilk
- 3/4 cup instant rolled oats
- 3/4 cup whole wheat flour
- 2 Tbsp milk
- 1 Tbsp melted butter
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- Pinch of cinnamon (plus 1/8 tsp for the apples)
- Pinch of nutmeg



- 1 Granny Smith apple, peeled, cored, and chopped
- 1/2 cup apple juice
- 2 Tbsp brown sugar
- Butter or cooking spray

DIRECTIONS

In a large mixing bowl, combine the buttermilk, oats, flour, milk, butter, baking powder, baking soda, pinch of cinnamon, and nutmeg. Stir to gently combine, then set aside to rest for a few minutes. Combine the apple, apple juice, brown sugar, and remaining 1/8 teaspoon cinnamon in a small saucepan and bring to a simmer. Cook until the apple has softened and the liquid has thickened. Preheat the oven to 200°F. Heat a large nonstick or cast-iron skillet over medium heat. Adding a bit of butter/cooking spray before each round, scoop 1/4-cup portions of batter into the skillet and use a spatula to spread into thin, even circles. Cook 2 to 3 minutes, then flip and cook for another 2 minutes. Keep pancakes warm in the oven while you finish cooking. Serve topped with the warm apples.

<https://www.eatthis.com/cinnamon-apple-oatmeal-pancakes-recipe/>

EXERCISE ESSENTIALS

ANGEL ON BACK



Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.



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PATIENT SUCCESS STORY



"I've never gone to physical therapy and I was super nervous going for the first time. I began getting back spasms bad after my pregnancy and everyone was very helpful and understanding. Not only did I leave feeling better but I've learned so much to help heal my back and I am forever grateful. The staff has been extremely helpful from the receptionist to Mr. Wise. I even received a small diploma and graduated in Physical Therapy thank you again!" — **Lydiette H.**



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!"