



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 /

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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.

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, walking or more intense activities such as running and jumping.

Call Us Today (907) 562-2118

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

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HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

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!

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:

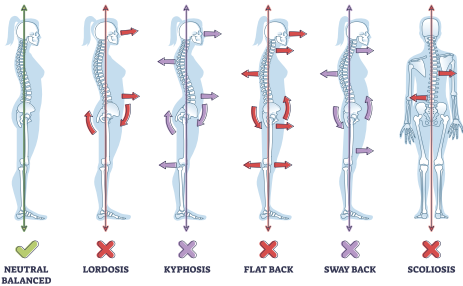
- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

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. Scan the QR code to go directly to our Review Us page. We look forward to seeing you again soon!



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

SLOW-COOKER VEGETARIAN LASAGNA



- 1 large egg
- 16-oz part-skim ricotta
- 5-oz package baby spinach, coarsely chopped
- 3 large portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 28-oz can crushed tomatoes
- 28-oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12-oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: <http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/>

EXERCISE ESSENTIALS

Use this exercise to improve your balance.

SINGLE LEG BALANCE TAPS, FORWARD

Start by standing on one leg with the other leg slightly off the ground. Slowly tap your raised foot in front of you and behind you while maintaining balance. Repeat 3 sets, 10 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

PATIENT SUCCESS STORY



“It was painful to sit for long periods, sleep, and I needed help getting dressed.”

“My back pain was bad after a simple injury. It was painful to sit for long periods, sleep, and I needed help getting dressed. After being seen and was taught the tools to help strengthen my back, I am now back to being pain free. It feels so much better! Everyone at Wise PT was so nice and caring. The front office staff always had a smile on their face and the therapist were amazing at explaining not only what you’re doing, but why the exercise were helping.”

— Samantha H.



Do You Have Friends Or Family Who 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!



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