



NEWSLETTER



HOW TO FIX POOR POSTURE

Do you catch yourself slouching frequently? Do those last couple hours of the school or workday 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.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is, the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

At Wise Physical Therapy, our team of physical therapists can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so it gets irritated and painful when it is stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

What Is Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Posture is defined as “the alignment and positioning of the body in relation to gravity, the center of mass, or base of support.” Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

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What Is Good Posture?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. 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 think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching, alleviate your pain and improve your overall health!

What To Expect At Physical Therapy

Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, 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.

At your initial evaluation, your physical therapist will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

Call Today To Schedule An Appointment

If you are experiencing back pain, your posture may be to blame. Fortunately, Wise Physical Therapy is ready to help you begin your journey toward long-lasting pain relief.

Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!

CLICK HERE
to make an appointment

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>



ARTHRITIS AND COLD WEATHER

Do you notice that your arthritis becomes more painful in the winter? Does it become harder to go about your daily activities?

Arthritis can hinder many qualities of life — from work to hobbies to overall mobility. Some people are so affected by arthritis that they cannot work and have to go on disability.

If you are suffering from the chronic pain of arthritis, or you think you might be, call Wise Physical Therapy to schedule a consultation with one of our physical therapists. Physical therapy is a safe, healthy, and effective way to treat arthritic pain.

Although cold weather does not cause arthritis, it can aggravate existing aches and pains. According to the Arthritis Foundation, cold temperatures can increase pain sensitivity, slow blood circulation, and cause muscle spasms.

Luckily, there are some things you can do to help alleviate your arthritis symptoms in the winter, including:

- **Keep warm.** If the winter chill bothers your joints, the best antidote is to bundle up! Layer up with hats, gloves, and scarves. You could also take a warm bath to help your stiff joints.
- **Exercise.** When you're in pain, exercise might be the last thing on your mind. But did you know that getting active is the single most effective way to alleviate arthritis pain and keep your joints happy? Exercising can include anything from taking a yoga class to walking around your neighborhood.
- **Practice healthy eating habits.** Did you know that your diet can contribute to your levels of inflammation and, consequently, how much pain you're in? Opting for anti-inflammatory foods can significantly improve arthritis symptoms.

If you believe you need some extra help when it comes to pain relief this season, don't hesitate to contact Wise Physical Therapy. Our dedicated team can help you start feeling better, so you can focus on enjoying this winter with your loved ones.

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HEALTHY RECIPE

Anti-Inflammatory Ginger & Turmeric Carrot Soup

- 1 tablespoon olive oil
- 1 leek, cleaned and sliced
- 1 cup chopped fennel bulb (1 small head)
- 3 cups chopped carrots
- 1 cup chopped butternut squash (or more carrots)
- 1 tablespoon grated ginger (about a 2-inch piece)
- 2 garlic cloves, minced
- 1 tablespoon turmeric powder
- Salt & pepper to taste
- 3 cups low-sodium vegetable broth
- 1 can lite coconut milk (14.5 ounces)

Heat the olive oil in a large dutch oven or saucepan. Add the fennel, leeks, carrots, and squash. Sauté for 3-5 minutes until the veggies start to soften. Add the garlic, ginger, turmeric, salt, and pepper, and sauté for a few more minutes.

Add the broth and coconut milk. Bring the mixture to a boil, cover, and simmer for 20 minutes.

Once the soup is cooked, add it to a blender and blend until creamy. You could also use an immersion blender. Taste and adjust the seasonings to your taste.

Serve immediately with a dollop of coconut yogurt and enjoy!

<https://www.simplyquinoa.com/anti-inflammatory-ginger-turmeric-carrot-soup/>

EXERCISE ESSENTIALS

CAT/COW STRETCH

Increases the flexibility of the neck, shoulders and spine

Begin on all fours. Place your hands below your shoulders and your knees below your hips. Arch your back towards the sky and bring your face towards your chest. Return to starting position. Now arch your back toward the ground and raise your face toward the sky. 1 Set | 1 Rep | 2 Minute Hold



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

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

Refer Them to Us for Help!

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

WE WANT TO HEAR YOUR SUCCESS STORY!

★ REVIEWS



"Our Mission is Movement!"

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