

BOOK NOW!



**HAPPY
4TH OF JULY**



NO MORE SLOUCHING: PAIN-FREE SECRETS

“Stand up straight!” has been a refrain from parents throughout the ages, but is it really that important? Actually – yes, it is!

Many people assume maintaining proper posture is about appearance: looking tall and confident. In reality, improper posture can cause pain in your neck and upper back and put pressure on your spine, leading to an increased injury risk.

But what exactly is proper posture? It probably won't surprise you to learn that it's more complicated than merely standing up straight. Instead, it's more about finding the right spinal alignment for your body – and that's something the physical therapists at National Physical Therapy can help you with!

If you're struggling with persistent neck or back pain, it may be time to visit us for a postural assessment. We'll help pinpoint any impairments or imbalances in your spine that might be causing problems and then provide strategies for maintaining your postural alignment throughout the day.

Call us to schedule an appointment for your initial consultation!

Understanding Proper Posture: Movement and Awareness is Key

Let's get this out of the way first: There's no universal "ideal posture" that will work for everyone. Even common advice like "stand up straight" isn't particularly helpful: for one, no one's spine is ever perfectly straight since it has a natural curve pattern. For another, you don't spend your entire life standing still.

Rather than aiming for a non-existent "perfect" posture, you want to focus on two things:

- **Postural Awareness:** People don't set out to have bad posture. You might start the day telling yourself you're not going to slouch – but then, as you get busy with other tasks, posture becomes the last thing on your mind. By staying more aware of your posture, you can more easily adapt to the various positions you have to hold throughout the day.

**Are you suffering from a sports injury?
Aches and pains? Contact us today for relief!**

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- **Avoid Prolonged Postures:** Your body wants to move. Holding the same posture for extended periods (even if you're sitting up straight and have everything in alignment) is still going to cause problems! Rather than aiming for a "perfect" posture, make sure to change your positions throughout the day. Alternate between sitting and standing. Switch positions. Get up and move around. In short – try to stay as active as possible.

The Relationship Between Posture and Pain

Neck and back pain have several potential causes and contributing factors. Improper posture is often one of them.

When you lose your postural awareness and start to slouch, it puts extra strain on the muscles that support your spine, particularly the muscles in your neck and upper back. This can lead to overuse injuries that cause pain or restricted mobility.

Remaining in prolonged postures (particularly sitting) also puts extra strain on your back muscles. When you get up and move around – even if it's just for a few minutes – you relieve that pressure. Staying active also helps strengthen the muscles of your back and core, which helps prevent common musculoskeletal injuries that can cause pain and dysfunction.

Physical Therapy's Role in Improving Posture

When you visit us for your appointment, here's what we'll do to help you improve your posture and reduce your back and neck pain:

- **We start with a comprehensive postural assessment.** We'll take a look at your posture when you're sitting, standing, and moving, looking for potential areas of dysfunction. We'll also take a complete health history and might run some additional screens, too, testing for strength, mobility, balance, and more.
- **We help with any acute pain.** Manual therapy techniques and targeted mobility exercises can help relieve your pain and help you get your body's function back.
- **We help strengthen any weak muscles:** Targeted strengthened exercises will help correct any muscular imbalances stemming from improper posture, providing better support and stability to your spine.
- **We offer personalized postural corrections:** The final piece of the puzzle helps ensure lasting relief. We'll provide a customized postural improvement plan that speaks to your unique needs and impairments.

Start Improving Your Posture Today!

Fixing improper posture isn't a one-and-done affair, but a visit to National Physical Therapy can help you get started. Call us to schedule your appointment today!

BOOK NOW!

Get Back to Enjoying Your Daily Life

HEALTHY RECIPE

LEMON ROSEMARY SALMON

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt to taste
- 1 tablespoon olive oil



Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

EXERCISE ESSENTIALS

PECKING WITH ARMS EXTENDED

Start by lying flat on your stomach with your arms down by your sides and your palms down. Your forehead should be face down and resting on a towel. Keeping your head in neutral, raise your chest, head, and arms straight up and then lower them back down. 3 Sets | 10 Reps



Always consult your physical therapist before starting new exercises.

 PT WIRED
www.ptwired.com

Don't live with pain. Contact us today for relief!

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4TH OF JULY HEALTH TIPS



1. Hydration: Drink plenty of water, especially if you're going to be in the sun. Dehydration can happen quickly, so drink cool water frequently.

2. Food safety: Keep food cold until it's ready to serve, and don't leave perishable foods out for too long. Bacteria like E. coli and Salmonella can grow quickly in warm temperatures, so salads, egg dishes, cheese, fruits, and vegetables should be kept cool. Cooked meats shouldn't be left out for more than two hours, or one hour if it's above 90°F. Wash your hands after touching raw meat, and wash fruits and vegetables as well.

3. Heart-healthy eating: Consider a balanced menu with lean proteins, fruits, vegetables, and whole grains. Some ideas include grilled chicken or fish with quinoa or brown rice, whole grain pasta salad with fresh vegetables, or grilled vegetable skewers.

4. Sun protection: Wear sunscreen, a hat, and sunglasses to protect your skin and eyes from UV rays, which can be harmful even on cloudy days. The hours between 10 AM and 3 PM are especially hazardous.

5. Fireworks safety: If you're using fireworks, never give them to children, and never throw or point them at people, animals, vehicles, structures, or flammable materials. Always wear safety glasses, follow the instructions on the packaging, and keep water nearby.



SUCCESS STORY

"I had a very positive experience with NPT and would highly recommend it to anyone who needs physical therapy. I have osteoporosis and needed strengthening exercises that I can do safely. Saloni Parikh, PT, was excellent...knowledgeable, understanding, kind, and thorough. I now feel that I have a way to strengthen myself without doing harm thanks to the positive help I received."

— **Constance B.**



TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review for your treatment location!

Thank you for your support!



COME BACK TO PT!

CALL THE CLINIC NEAREST YOU
TO SCHEDULE AN APPOINTMENT

OR CLICK TO BOOK!



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