

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R

CORRECT YOUR POSTURE FOR A MORE COMFORTABLE LIFE!

INSIDE:

- Correct Your Posture For A More Comfortable Life!
- Improving Your Posture With 3 Simple Tips
- Coupon Corner!
- Staff Spotlight

How do you maintain your posture throughout the day? 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.

(continued inside)



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NEWSLETTER



CORRECT YOUR POSTURE FOR A MORE COMFORTABLE LIFE!

INSIDE:

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- Staff Spotlight

- Coupon Corner!
- Exercise Essentials



(continued from outside)

Fortunately, posture can be improved 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!

The 3 curves of your spine:

Your spine has 3 curves, which provide support and flexibility, in addition to protecting the nerves running up and down your spine. Your neck and lower back should be gently curved in, while your upper back should be slightly curved out.

When you slouch, the spine in your neck and lower back actually becomes straighter, while the upper back becomes excessively curved. This produces a forward-head posture and humped upper back. If your abdominal muscles are weak, you may also experience an excessive arch in your lower back.

Common postural issues:

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

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

Pro-Active Physical Therapy can help you find relief.
Contact us today to schedule a consultation and find out how our services can benefit you!



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IMPROVING YOUR POSTURE WITH 3 SIMPLE TIPS

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.

In fact, physical therapy has been proven as one of the most successful methods for improving posture. According to a study published by the National Institutes of Health, titled, "Evidence-based protocol for structural rehabilitation of the spine and posture," the method of structural rehabilitation has a strong efficacy for back pain, neck pain, and postural improvement. Physical therapists have found success in using their methods to treat postural issues, as well as the chronic conditions that may develop as a result.

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 the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

3 simple tips:

Physical therapy treatments will yield the best results when focusing on improving your posture. However, there are some simple tips you can use on your own when standing, sitting, or bending in your daily life:

- 1. Standing** Stand facing a mirror. Look at your shoulders - does one seem higher than the other? Look at your neck - does it tilt to one side or stick forward? Pretend that an imaginary string is pulling gently through the top of your head. Notice how your posture improves automatically when you try to be taller? Keep your abdominals

slightly contracted to maintain this posture. When walking, make sure that your arms are moving comfortably back and forth, feeling the rotation through your torso.

- 2. Sitting** Sit all the way back in your chair so you feel your lower back against the backrest. Avoid prolonged sitting on soft couches when watching TV, as this causes excessive slouching. Try to keep your feet flat on the floor and angle your chair so that your knees are slightly lower than your hips. Try using a small rolled-up towel for your lower back if you need more support while sitting. If you work at a computer, make sure that your keyboard and mouse are slightly lower than the level of your elbow. You may need to adjust your seat higher to make this happen.

- 3. Bending** Most back injuries occur when bending and twisting at the same time. When you need to bend down to get something from a low surface, make sure you squat, and keep your abdominals tight as you do so. In addition, if you are lifting something, get your body as close as possible to what you are lifting. Try having one leg forward to use your legs more to lift, rather than your back.

As part of your physical therapy treatment, we can teach you proper posture, bending, and lifting techniques to protect your body from future injuries and make sure you stay healthy for the long-haul.

Contact Pro-Active Physical Therapy today to learn more about how we can help you live pain-free!

SKINNY PINEAPPLE CHEESECAKE BARS

INGREDIENTS

FOR THE CRUST

- 3/4 c. graham cracker crumbs
- 2 tbsp. butter, melted



FOR THE FILLING

- 6 oz. brick-style light cream cheese, softened to room temperature
- 3/4 c. plain nonfat Greek yogurt, at room temperature
- 2 large eggs, plus 1 large egg yolk
- 1/4 c. sugar
- 1/3 c. pineapple juice
- 1 tsp. pure vanilla extract

INSTRUCTIONS

Preheat oven to 300°. Line the bottom and sides of an 9x9 baking pan with aluminum foil or parchment, leaving an overhang on all sides to easily lift the bars out of the pan before cutting. Set aside. Make crust: Mix graham cracker crumbs and butter in a medium bowl until combined, then evenly press mixture into prepared baking pan. Bake for 8 minutes, then remove from oven and set aside. Make filling: In a large bowl using a hand mixer or in the bowl of a stand mixer using the whisk attachment, beat the cream cheese on high speed until completely smooth, about 1 minute. On medium-high speed, beat in yogurt until completely combined, then beat in eggs and egg yolk until combined. Finally, beat in sugar, pineapple juice, and vanilla until everything is combined and no lumps remain. Pour filling onto the crust and bake for 30 minutes or until the center of the bars no longer jiggles. Cool bars on a wire rack for 30 minutes, then refrigerate until firm, 4 hours, or up to overnight. Once chilled, lift the foil out of the pan using the overhang on the sides and cut into squares. Garnish with pineapple and cherries and store in the refrigerator.

EXERCISE ESSENTIALS

Helps To Strengthen Your Core



BILATERAL LEG LOWERING

Lie on your back, knees bent, feet flat on the floor. Place your hands on the front of your pelvis. Straighten both your knees as you slowly lower your legs towards the ground with control. Return to the starting position. Repeat 5 - 7 times.



Patient Success Spotlight



"Especially impressed with the Physical Therapist, Sarah. I feel so much better!"

"This place is wonderful! They helped me so much and everyone is so nice. They will work with you on your work schedule to get you in. Especially impressed with the Physical Therapist, Sarah. I feel so much better!" - **J.G.**

Staff Spotlight



Sarah Phillips

Physical Therapist, Pro-Active Physical Therapy Sheridan

Sarah, her husband Jordan and their son Mason are current residents of Sheridan, AR. They share their home with their 3 dogs Charlie, Layla and Dani. In her spare time Sarah likes spending time with family, playing with her dogs and Flea Market shopping. One day she would love to visit every continent (except Antarctica)! She is involved in Awanas and life groups at her church and she also stays involved in school activities with her husband who teaches and coaches at Sheridan High School. Sarah graduated from UCA in 2017 and joined our team in May, 2018 and since has completed her certification in Dry Needling. Sarah is also very excited to announce she will be returning to her town of Sheridan as the Physical Therapist at our newest location Pro-Active Physical Therapy Sheridan! Sarah says she loves the atmosphere here and the genuine passion she and her fellow employees have for helping make patients better.

When asked what her favorite part of the job is she says:

"Seeing patients succeed and meet their goals. Some of the transformations we see make doing this job so much fun!" - Sarah

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FUN & GAMES

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CALL TODAY!

COUPON CORNER!

**FREE 15-MINUTE
IN-CLINIC OR
TELEHEALTH
APPOINTMENT!**

VISIT OUR WEBSITE!

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