PRO-ACTIVE
PHYSICAL THERAPY
BRYANT • SHERIDAN

NEWSLETTER



SHOW YOUR SPINE SOME LOVE WITH GOOD POSTURE

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IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

INSIDE:

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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 ProActive 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, ProActive 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, 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!

To learn more about how we can help you improve your posture, contact us today!

HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

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. 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 PROACTIVE 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 • Sources: https://www.sciencedirect.com/science/article/abs/pii/S1466853X17304418 • https://www.jospt.org/doi/full/10.2519/jospt.2018.0301

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PIZZA BAKE

- 1 can diced tomatoes, well drained (14.5 oz. can; do not use petite dice tomatoes)
- 5 links uncooked turkey or pork Italian sausage (19.5 oz.)
- 2 tsp. + 2 tsp. olive oil
- 1/2 tsp. dried oregano
- salt and fresh-ground pepper to taste
- 12 oz. fresh mushrooms, washed and cut into thick slices
- 1 1/2 cups grated Mozzarella cheese
- 15 slices pepperoni, cut in half

INSTRUCTIONS: Preheat oven to 400F/200C. Spray an 8 inch x 11 inch glass casserole dish with non-stick spray or olive oil. Pour the diced tomatoes into a colander placed in the sink and rinse with cold water. Let tomatoes drain a minute or two, then spread them out on paper towels to dry (or blot dry with another paper towel on top.) While tomatoes dry, heat 2 tsp. olive oil in a large non-stick frying pan, squeeze the sausage out of the casing, and cook sausage over medium-high heat until it's nicely browned, breaking it apart as it cooks. While sausage cooks, wash mushrooms, pat dry, and slice into thick slices. When the sausage is done make a layer of sausage in the bottom of the casserole dish and top with the drained tomatoes, spreading them out over the top of the sausage. Season with dried oregano, salt, and fresh-ground black pepper. Rinse out the pan if needed, then heat the other 2 tsp. of olive oil over medium-high heat. When the pan is hot add the mushrooms and cook, stirring a few times, until all the liquid is released and the mushrooms are starting to brown. Layer the mushrooms over the sausage-tomato mixture. Cut pepperoni in half. Sprinkle the grated Mozzarella over the top of the casserole and lay the pepperoni pieces on top of the cheese, spacing them evenly so the whole top is covered with pepperoni. Bake about 25 minutes, or until the cheese is melted and starting to brown. Serve hot.

EXERCISE ESSENTIALS

Helps To **Improve Your Posture**

TIPS SimpleSet Pro
www.simpleset.net

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



Patient Success **Spotlight**



"We are always very pleased with the service and family atmosphere that we are given."

"My family and I have used Benton Physical Therapy for years. We are always very pleased with the service and family atmosphere that we are given. We have recommended them many times over the years. " **- C.L.**

IF YOU NEED TO HAVE THERAPY:

1) CHOOSE Physical Therapy 2) GO to all prescribed therapy appointments!

Staff **Spotlight**



Dan Myers

Co-owner of Benton Physical Therapy, Malvern Physical Therapy & Pro-Active Physical Therapy
Location - Benton Physical Therapy

Dan and his wife Claire have 4 children, 2 boys and 2 girls. He attended college at UGA, USA and GSU. In his spare time he enjoys golfing, fishing and taking family vacations. He is recently retired from the Boy Scouts. One day he would like to Cruise Alaska. Dan has been with our company from day 1 as a Co-owner he is happy to see the business grow as much as it has, "being a Physical Therapist and having a positive impact on the lives of others has just become a part of who I am". Dan has 30+ years in the Physical Therapy field, he enjoys working with people and it shows.

When asked what his favorite part of the job is he says:

"Getting to work with many different types of people and helping them return to the things they love doing." **- Dan**

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FUN & GAMES

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All 5-star reviews will be entered to win a $50 Amazon gift card! Please include first name and last initial in your review so we can contact the correct winner! Scan the QR code below to leave your review now.

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This offer ends on March 31st 2022