

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R



STAND TALL IN 2023



www.malvernphysicaltherapy.com

MALVERN PHYSICAL THERAPY

N E W S L E T T E R



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 Malvern 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 the more irritated and painful spines get when we get stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

Contact Malvern Physical Therapy today to learn more about improving your posture and leading a pain-free, active life!

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.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive and get ready for the new year!



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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 to alleviate your pain and improve your overall health!

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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, Malvern 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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3889545/>

APPLE & GOUDA PIGS IN A BLANKET



INGREDIENTS:

- 1 tube (8 ounces) refrigerated crescent rolls
- 1 small apple, peeled and cut into 24 thin slices

- 6 thin slices Gouda cheese, quartered
- 24 miniature smoked sausages
- Honey mustard salad dressing, optional

DIRECTIONS:

Preheat oven to 375°. Unroll crescent dough and separate into 8 triangles; cut each lengthwise into 3 thin triangles. On the wide end of each triangle, place 1 slice apple, 1 folded piece cheese and 1 sausage; roll up tightly. Place 1 in. apart on parchment-lined baking sheets, point side down. Bake until golden brown, 10-12 minutes. If desired, serve with dressing.

YOU DESERVE A PAIN-FREE 2023

With a new year comes a fresh start to an all new you! Starting at the beginning of 2023, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling.

Let Malvern Physical Therapy help you on your journey to becoming strong, healthy, and active in 2023.



Patient Success Spotlight



"Having used Michael previously and I was so impressed with his PT plan that I followed him here. The techs are amazing. Kim makes scheduling so easy and helps make the appointments flow. Love this group!" – S.F.

"The staff was always ready for my appointment and very attentive to my problems of pain. Very helpful in all ways. Thanks!" – K.S.

IF YOU NEED TO HAVE THERAPY:

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

FUN & GAMES

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FREE 15-MIN CONSULTATION

Call to schedule yours today!

Staff Spotlight



Michael Johnson

Location: Therapist Director of Clinical Operations for our Bryant, Benton, Sheridan, and Malvern Clinics.

Each month we like to highlight one of our amazing employees! This month is Michael Johnson who is our Physical Therapist Director of Clinical Operations for our Bryant, Benton, Malvern and Sheridan Clinics. Michael and his beautiful wife of 28 years, Gayla are current residents of Benton, AR. They have 2 daughters who are 23 and 20 years old. One daughter has graduated college and he is counting down the time until daughter number 2 is out of college. In his free time Michael enjoys hunting, fishing, cooking, homebrewing and if you ask his wife getting on her nerves. One day Michael would love to be able to learn to fly and go on an elk or stag hunt in the mountains with his dad. Michael truly enjoys his job and the people he works with.

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

"I love the day to day interaction with the staff, everyone that works here is like my family. I love when we get patients that have tried clinics before coming to us and then tell us how different the experience is with our company." –Michael

MALVERN PHYSICAL THERAPY

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