

COULD YOUR POSTURE BE THE REASON FOR YOUR ACHES AND PAINS?



Do you suffer from daily or recurrent aches and pains? If so, your posture may be the culprit. Just think about the number of hours a day we spend staring at a computer screen, hunched over our desks, or staring at our phones. That creates a lot of stress on the neck and back, especially if you are slouched, tilted forward, or looking down for prolonged periods of time. *(Continued Inside)*

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- Exercise of The Month
- Benefits of Spring Cleaning



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How Does Poor Posture Affect Me?

Changes to your posture can negatively affect your body, and you may find yourself experiencing some of the following symptoms:

- If your posture contains a forward head tilt – This forward-head posture creates a strain on the neck, which can result in neck pain, shoulder pain, arm pain, chronic headaches, and lower back pain. Tilting your head forward for long periods of time shortens the muscles in the back of the neck, and can result in soreness throughout multiple parts of your body.
- If your posture contains slouching of the mid-back – If you slouch the middle of your back, you can drive your head forward and alter the way your ribs naturally align. By doing this, you may experience pain in the slouched region of the mid-back, in addition to pain in the neck. If this is your average standing posture, it is important to seek physical therapy treatment right away – over time, standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

- If your posture includes sitting for long periods of time – When you sit for prolonged periods of time, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which can cause soreness or achiness in the hips, legs, and back, and can create issues with your gait.

The way in which you walk can also have an effect on your posture. When you have improper posture, the position of your center of gravity changes. This can cause your balance to decline, as well as cause pain when walking, thus creating a vicious cycle of overcompensation and pain.

The most common symptom of poor posture is lower back pain, although pain can be present in other parts of the body, as well. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. Additionally, slouched posture over prolonged periods can weaken the connective tissue holding the vertebrae together. Over a period of time, constant poor posture can create an unusual amount of wear and tear on the lower back, which can increase the risk of arthritis and other physical ailments in the spine.



What Can I Do About Improving My Posture?

It can be difficult to correct poor posture, but there are a few steps you can take on your own to try and help:

Sit properly. – If you are at a desk for extended periods of the day, make sure your stance is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.

Take stretch breaks. – If you are an office worker, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so, and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.

Exercise. – Exercise is incredibly important, especially if your job produces several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back. Taking even a small amount of time to walk or jog around the neighborhood every day can highly improve your overall gait.

Set up your office properly. – If you work from an office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. Stand up desks are also a great option to reduce time spent sitting. These simple steps can help tremendously with your overall posture.

How Can Physical Therapy Help?

If these at-home treatments don't work, it is important to consult help from a physical therapist. Simply standing up straight is a fight against gravity, and if you have been standing the wrong way for several years, it may be difficult to change it on your own. However, physical therapists are dedicated to getting you on back on track to a pain free, and risk free life. They will evaluate your posture and gait to determine the best treatments necessary for you, and then they will create a treatment plan unique to your needs. They can improve your posture, eliminate your pain, and get you back to doing the activities you love to do. If you are experiencing pain, and you think it may be a result of your posture, give us a call today. We will help you get back to a comfortable posture with just a few sessions.

Discover How To Live Pain Free!

At Shoreline Physical Therapy Sport & Spine Specialists, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.



1. CALL AND TALK TO YOUR THERAPIST



2. DISCOVER WHY YOUR PAIN HAS COME BACK



3. GET YOUR CUSTOM RECOVERY PROGRAM



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EXERCISE OF THE MONTH

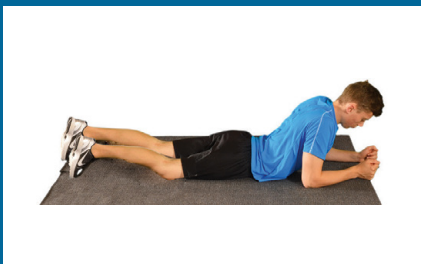
Try this movement if you are experiencing pain.

Helps Loosen Your Lower Back



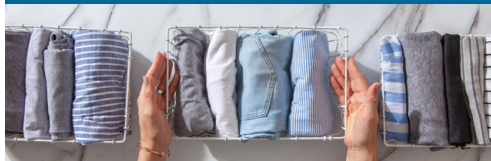
PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

Benefits of Spring Cleaning



Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles, even found that having a clean home can improve your mood and reduce your risk of depression.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

Feel Better By Eating Better!



ORZO WITH ZUCCHINI AND TOMATO

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, smashed & finely chopped
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

Cook the pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Sauté garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so the pasta isn't dry. Add freshly grated cheese and stir.

Clinic News



Celebrating Steve and Jai's birthdays today. Guess who turns 50 this year (hint, his kids came by to celebrate). Ellen and Margaret did not disappoint with the 50th decorations!

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HAS YOUR PAIN COME BACK?

Come Back In For Physical Therapy!

Give us a call at (910) 791-0396 or visit us online at www.shorelineptnc.com to schedule your appointment today!

