

IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE



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- How Can I Strengthen My Core Muscles?
- Alex Highsmith Youth Football Camp
- Exercise Of The Month
- Trail Mix Recipe



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How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some injury to your body. Contact Shoreline Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What Exactly Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your

core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. The core muscles help give your arms and legs a stable foundation to move from. When any of the muscles within that group become weak, your body has a difficult time functioning properly. At Shoreline Physical Therapy, we frequently work with patients to strengthen their core muscles as part of a comprehensive care plan to treat mechanical spinal pain. Additionally, core muscle training is important for proper lower extremity rehabilitation. Without core strength, complications such as poor posture, fatigue, inflammation, or pain can occur.

The sooner we take care of your pain, the sooner you can get back to your favorite activities! Call us today at 910-791-0396.



How Can I Strengthen My Core Muscles?



When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Shoreline Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine the mechanical cause of your pain. This plan may include determining what muscles must be strengthened in order to improve pain and function.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at providing the proper movement strategies, strengthening your core, improving your posture, and alleviating your pain.

There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

- 1. Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
- 2. Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
- 3. Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.
- 4. Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Shoreline Physical Therapy our physical therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

www.shorelineptnc.com

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.

Help Activate Your Core



PLANK FOREARMS AND KNEES

Position yourself on forearms and knees. Make your body as flat as a plank from head to feet. Keep trunk engaged, do not let lower back arch. Hold position for 15-30 seconds and gently return to starting position.



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

Clinic News: Alex Highsmith Youth Football Camp

This July, Shoreline Physical Therapy was happy to be a Gold Level Sponsor for the inaugural Alex Highsmith Youth Football Camp. We have known and worked with Alex at various times through his football career which has led him all the way to the NFL with the Pittsburgh Steelers. Alex is a young man of tremendous character with a heart to give back to the youth of the Wilmington community. His camp had over 330 youth attend the one day event.

We look forward to partnering with the Alex Highsmith Family Foundation for future events. Please visit his website at www.alexhighsmithfamilyfoundation.org for information on future events and how you can also support the organization. Best of luck this season Alex.



www.shorelineptnc.com

Feel Better By Eating Better!



TRAIL MIX RECIPE

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.



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!