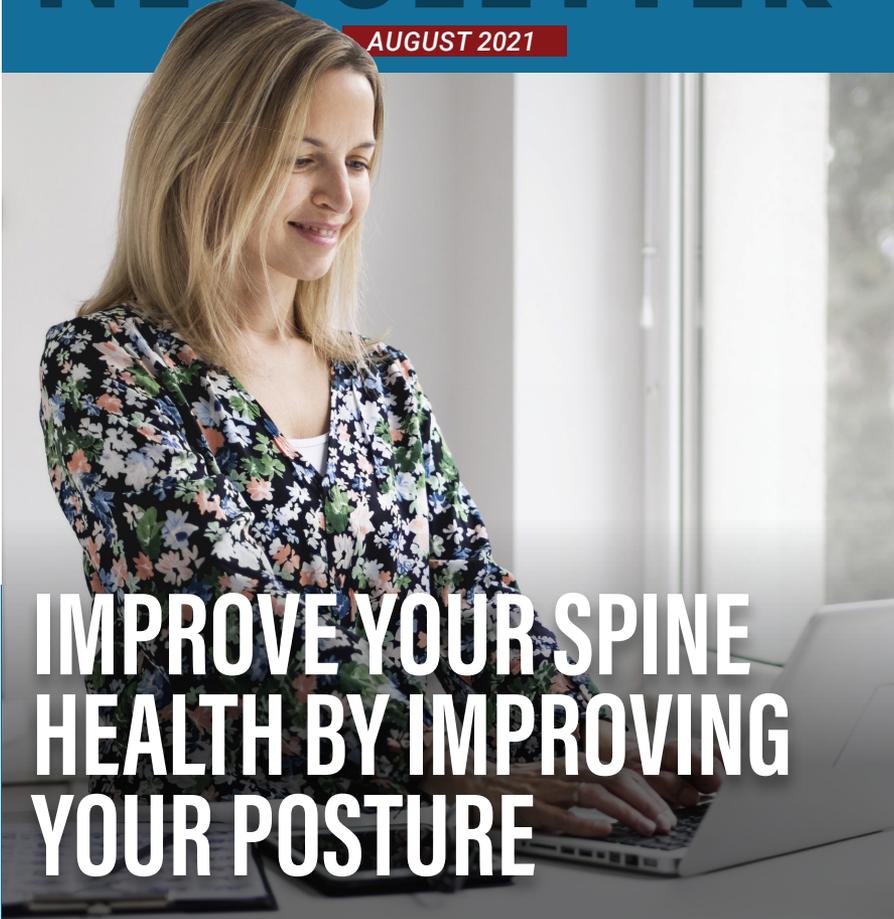


NEWSLETTER

AUGUST 2021



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

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NEWSLETTER

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IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE



Your body was made to move, especially your spine. It is common 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. A common reason why this happens is due to poor posture.

Posture plays a large role in our everyday lives. How you sit, stand, stretch, and lift all play a role in the pressures on your spine. Fortunately, Hands On Physical Therapy can help ease some of this physical stress. Specialized hands-on techniques and exercises can help restore the flexibility in your spine and improve your posture. Our dedicated physical therapists can also provide you with helpful lifestyle changes for improving your posture and spine health. Contact our office today to learn more!

What Can I Do To Improve My Posture?

When standing, walking, and sitting, imagine a string pulling you up through the top of your head. This brings your neck, shoulders and back into better alignment.

Sitting is the position that puts the most pressure on the lower back. It is important to break up your sitting time throughout the day and take frequent breaks. Work in standing or walking tasks at various times throughout the day, limiting your sitting to about 30 minutes at a time.

It is also important to make sure your core muscles are strong, as this is an integral part of practicing proper posture. Your core muscles are made up of your abdominal muscles, spinal muscles, and pelvic/hip muscles. It is very common for these muscles to become weak with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strengthening your abdominal and hip muscles can go a long way to providing the necessary muscle support to your spine. Consult with one of our dedicated team members today to discuss how our individualized treatment plans can provide you with the best core exercises for your needs.

Call us today to schedule an appointment or visit our website online at www.hopt-wellness.com.

www.hopt-wellness.com

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

HOW CAN PHYSICAL THERAPY HELP MY SPINE?

Most spine pain comes from the following 4 trouble areas:

1. Poor posture and alignment.
2. Lack of knowledge on how to bend, lift, sit, sleep.
3. Lack of muscle strength.
4. Poor flexibility and muscle coordination.

By improving posture and core strength, you can relieve some of these troublesome causes. There are a couple key ways that improving posture with your physical therapist can help promote spine health:

1. It Encourages Strength And Flexibility.

If you have struggled with poor posture for a while, there is a good chance that it will be difficult to maintain proper posture in the beginning. It may take some time in physical therapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physical therapist to achieve your physical goals will lead to greater overall fitness. The stronger and more flexible you get, the less likely you are to suffer from back pain on a regular basis.

2. It Improves Function For All Activities.

When we think of posture, many of us picture an image of static positions – such as sitting at a desk or standing up straight. However, proper posture can be (and should be) incorporated into everything we do.

Through physical therapy treatments, your physical therapist will guide you on how to maintain proper posture during all of your favorite activities, such as walking, running, and playing sports. The improved posture you adopt in each activity will lessen the wear and tear you put on your spine, which minimizes the risk of developing back pain from these activities.

3. It Avoids Harmful Anatomical Changes.

The ways in which you use your spine can actually cause changes to your anatomy. The stress caused by sitting hunched can eventually lead to damage of your muscles, joints, spinal discs, and the nerves and blood vessels that travel through your spine. Fortunately, in many cases the damage can be reversed, if you engage in targeted physical therapy treatments and learn how to maintain proper posture.

Improve Your Posture With Hands On Physical Therapy Today!

Physical therapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physical therapist. Contact our office today to get started on the path toward better posture and decreased pain! We'll help you achieve the strong spine health you need.

Put your back pain behind you and get back to living your life comfortably by calling us today!

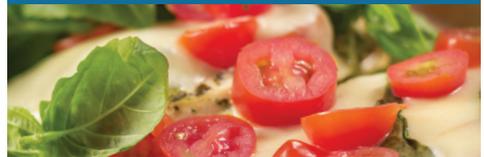


JOSE MARTINEZ
Physical Therapist Aid,
Bachelors Exercise Science

CONGRATULATIONS
JOSE
FOR YOUR RECENT
MARRIAGE

*Best wishes for
a fun-filled future
together.*

HEALTHY RECIPE: GRILLED CHICKEN CAPRESE



INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 2 tbsp olive oil
- 1/4 cup fresh basil

INSTRUCTIONS: Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2–3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

LIFE IS TOO SHORT TO NOT FEEL YOUR BEST. CALL TODAY!

Cary
919-851-0711

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919-557-2111

Zebulon
919-269-0107



www.hopt-wellness.com

PATIENT SUCCESS SPOTLIGHT



"They are encouraging, patient and creative with my care."

"After my accident I was sure it would take years to start to feel normal again but Jen and Joe helped me to start feeling myself within a short period of time. They are encouraging, patient and creative with my care. I recommend them highly." - **E Fan**

EXERCISE OF THE MONTH

This exercise 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.



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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

GIVE US A SHOUTOUT!

We want to hear your success story!
Scan the QR Code below to go to our Google Reviews page. We look forward to hearing from you!



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Call to schedule. Expires 8/28/2021