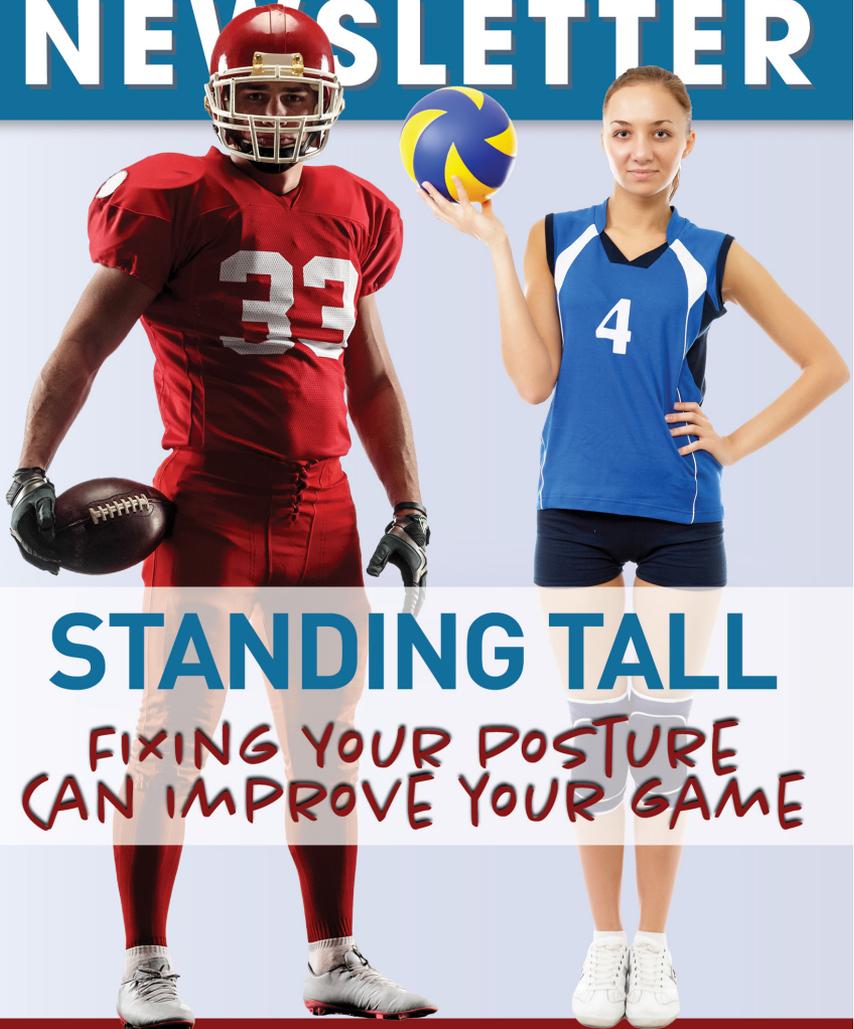


NEWSLETTER



STANDING TALL

FIXING YOUR POSTURE
CAN IMPROVE YOUR GAME

INSIDE:

- SPRING IS RUNNING SEASON! ARE YOU IN YOUR BEST SHAPE?
- HEALTHY RECIPE: TRADITIONAL CREPES RECIPE
- EXERCISE OF THE MONTH: CLAMSHELL BRIDGE (WITH EXERCISE BAND)



NEWSLETTER

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 Hands On 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. Your spine becomes more irritated and painful when it gets stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

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.

Continued inside.



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**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 TO FIX POOR POSTURE



Continued from previous page.

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!

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, Hands On 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!

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EXERCISE OF THE MONTH

This exercise helps Strengthen your core.

TASTY RECIPE

TRADITIONAL CREPES RECIPE



SURPRISE MOM WITH A DELICIOUS BREAKFAST

INGREDIENTS

- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

INSTRUCTIONS: In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour. Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.

CLAMSHELL BRIDGE (WITH EXERCISE BAND)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



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

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SPRING IS RUNNING SEASON! ARE YOU IN YOUR BEST SHAPE?

Are you looking forward to starting back up running after a long winter? At Hands On Physical Therapy, our therapists understand running injuries, and we will make sure you run pain-free this spring!

Runners are often misled into believing unproven solutions to avoiding pain and injury. Not many people know that the number-one risk factor for runners to sustain an injury is having had an injury in the last 12 months.

The other most common risk factors are:

- Running experience of 0-2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week)

To ensure you can get back to running or increase your mileage without pain or injury, start with an injury evaluation and a biomechanical assessment to identify any factor that could contribute to pain or injury.

Our therapists will take a thorough history to understand your training schedule, previous injuries, and overall health status. We use this information to create an individualized program to alleviate pain and get you back to running without limits.



Request an appointment at Hands On Physical Therapy today!

COME BACK TO PT!

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

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PATIENT SUCCESS SPOTLIGHT

"My son had an amazing experience with HOPT! The therapist he worked with helped him increase his agility, speed, and strength in his legs and ankles. My son initially was experiencing knee pain and was diagnosed and treated for tendinitis. The PT who handled his therapy, worked with him in the office and gave him exercises outside of the office to help relieve his pain and strengthen his body. We would recommend HOPT to any athlete who wants to better his or her performance." —Anna L.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

FREE PAIN CONSULTATION



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Spots are limited so call today!

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Call to schedule. Expires 6/30/2023