

NEWSLETTER

**DID YOU KNOW
YOUR POSTURE
CAN AFFECT**

**NECK &
BACK
PAIN?**

Cary

919-851-0711

Fuquay-Varina

919-557-2111

Zebulon

919-269-0107

**HUMMUS &
PITA PLATE**

**Great for school or
work lunches!**

DETAILS INSIDE



INSIDE:

- TREAT YOUR BODY TO A TUNE UP
- HEALTHY RECIPE
- EXERCISE OF THE MONTH



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NEWSLETTER

DID YOU KNOW YOUR POSTURE CAN AFFECT NECK & BACK PAIN?



**HEALTHY
RECIPE
for lunch!**
**HUMMUS &
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DETAILS INSIDE.

Have you noticed your back and neck seem more sore and stiff at the end of a long day? Poor posture is likely the source of that soreness. The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once your body gets used to poor posture, it becomes more challenging than simply squaring your shoulders or pinching your shoulder blades together.

The good news is that with guidance from Hands On Physical Therapy physical therapists, you can train the muscles in your back and neck to correct your posture and bring relief to your neck and back pain. Call today to make an appointment!

WHAT IS GOOD POSTURE?

Posture refers to the position(s) of a person's body in space. Through the alignment of spine joints in relation to one another, we can move more freely and perform daily activities comfortably.

The awareness of the positions we hold our body in is based on our nervous system's feedback and depends on the activities we do. This feedback helps us find and keep the alignment of the spinal joints over one another. Postural control refers to building up posture against gravity and ensuring that balance is maintained.

There are specific ways that you can tell if neck or back pain may be a result of poor posture, including:

- The pain in your back is worsened at the end of a shift or the end of a workday.
- The pain frequently starts in your neck and moves into your upper and lower back.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain develops soon after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

After years of practicing poor postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a straight posture to be challenging. This struggle is because your muscles and nervous system have grown accustomed to the slouching postures.

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**

DISCOVER KNEE AND HIP PAIN RELIEF WITH PHYSICAL THERAPY



Continued from previous page.

Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. At Hands On Physical Therapy, your physical therapist will guide you through a series of stretches and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain. Other ways your physical therapist can help are:

Education – Understanding your ideal posture and how to manage it throughout your day can help you to be proactive and find a solution for your sore back and neck. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It seems small, but consistently it has been shown to help!

Advice to stay active – We know that prolonged postures often lead to pain. Your physical therapist can help you identify modifications to your posture to ensure you are changing your position frequently.

Exercise therapy – A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes spine mobility exercises, "proper" postural exercises, or strength exercises.

The McKenzie Method is an effective technique in identifying movements and positions to provide you with relief and is often used for home exercises. One of the most effective tools in the McKenzie method is lumbar rolls to ensure proper sitting posture.

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. According to research on back and neck pain, physical therapy treatments effectively improve your posture and improve your pain levels. Your therapist will teach you strategies like:

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

Addressing your posture early on is the best way to prevent an issue from becoming more debilitating. Contact Hands On Physical Therapy today to learn more about how you can take steps to start improving your posture today.



HEALTHY RECIPE For school or work lunches!

HUMMUS & PITA PLATE

The lunchtime sandwich may be the standard option for a school lunch, but let's face it: slapping the same smears onto bread – day after day, week after week – can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

Nine out of 10 kids love a good hummus – why not make it the star of the show?

Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). Whatever your child loves will work!



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EXERCISE OF THE MONTH

Practicing good posture!

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



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

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TREAT YOUR BODY TO A TUNE UP & USE YOUR BENEFITS BEFORE THEY'RE GONE!

You may qualify for FREE
PHYSICAL THERAPY from
the clinic you trust.

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to Hands On Physical Therapy for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

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DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! **Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!**

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



"Friendly, courteous and knowledgeable staff, but the best part, I'm pain free for the first time in a month!"
—Greg R.

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!



www.hopt-wellness.com

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER **3** CONVENIENT
LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 11/30/2023