



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

NEWSLETTER

Helping You Move Through Life
Pain-Free!



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 The Physical Therapy Institute, 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, so the more irritated and painful spines get when we get stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again! Contact The Physical Therapy Institute today to learn more about improving your posture and leading a pain-free, active life!

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.

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!

Visit Us Online www.physicaltherapyinstitute.com or Call [724-503-6993](tel:724-503-6993) Today!

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, The Physical Therapy Institute 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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>



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NO DOCTOR'S PRESCRIPTION NEEDED!

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online www.physicaltherapyinstitute.com or Call **724-503-6993** Today!

FREE IN-PERSON WORKSHOPS

www.physicaltherapyinstitute.com/workshops/

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the Physical Therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email jwatkins@pt-institute.com.

RSVP TODAY!
FREE KNEE, LOW BACK, &
SHOULDER PAIN WORKSHOPS

EXERCISE ESSENTIALS

SEATED POSTURE WITH LUMBAR ROLL

Try this movement to fix your posture.

Start by sitting up straight in your chair. Place the lumbar roll just above your tailbone and allow your lower back to press into it for support as you sit. Use as directed by your provider. Repeat 2 sets, 1 rep each holding for 30 seconds.



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

PATIENT SUCCESS SPOTLIGHT



"Corey was very helpful and knowledgeable. Corey listened and helped with my pain. They were very professional. I would recommend The PTI to everyone. Corey was very patient with my issues." — Patty K.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ **REVIEWS**

www.physicaltherapyinstitute.com



HEALTHY RECIPE

TERIYAKI EDAMAME SAUTÉ



Ingredients

- 1 tablespoon olive oil
- 1 (8 ounce) bag tricolor coleslaw mix
- 2 cups shelled edamame, thawed if frozen
- ¼ cup reduced-sodium teriyaki sauce

Directions

Heat oil in a large nonstick skillet over medium heat. Add coleslaw mix and cook, stirring, until the cabbage begins to soften, about 2 minutes. Stir in edamame and teriyaki sauce. Cook, stirring, until the edamame are heated through and the sauce thickens, about 1 minute more.

<https://www.eatingwell.com/recipe/7914800/3-ingredient-teriyaki-edamame-saute/>



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