ROCKY MOUNTAIN PHYSICAL THERAPY

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 Rocky Mountain 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, 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 Rocky Mountain Physical Therapy 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.

Visit Us Online www.rockymtnpt.com or Call Today!

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, Rocky Mountain 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!

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

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FREE PAIN CONSULTATION

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CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 03-23-23

CALL A CLINIC NEAREST TO YOU!

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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.rockymtnpt.com

EXERCISE ESSENTIALS

SEATED POSTURE WITH LUMBAR ROLL

Try this movement to improve 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.



PT WIRED
www.ptwired.com

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

HEALTHY RECIPE

MOZZARELLA, BASIL & ZUCCHINI FRITTATA

Ingredients



- 2 tbsp extra-virgin olive oil
- 1 ½ cups thinly sliced red onion
- 1 ½ cups chopped zucchini
- 7 large eggs, beaten
- ½ tsp salt
- ¼ tsp ground pepper
- ⅔ cup pearl-size mozzarella balls (4 oz)
- 3 tbsp chopped soft sun-dried tomatoes
- ¼ cup thinly sliced fresh basil

Directions

Position rack in upper third of oven; preheat broiler. Heat oil in a large broiler-safe nonstick over medium-high heat. Add onion and zucchini and cook, stirring frequently, for 3-5 minutes. Whisk eggs, salt, and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook for about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler for 1 1/2-2 minutes. Let stand for 3 minutes. Top with basil.

https://www.eatingwell.com/recipe/251004/mozzarella-basil-zucchini-frittata/

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