ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER

Helping You Move Through Life Pain-Free!



NECK AND BACK PAIN?

IT COULD BE YOUR POSTURE

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 Rocky Mountain 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.

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 Rocky Mountain 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 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!

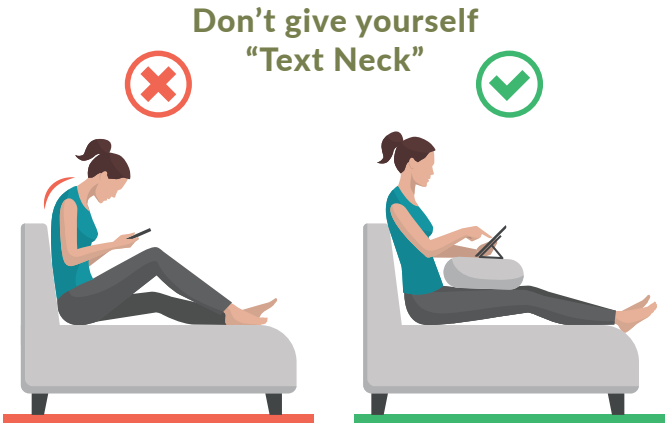
Advice to Stay Active

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 to 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.

Contact Our Clinic Today

Request Appointment

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

ROCKY MOUNTAIN PHYSICAL THERAPY

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Sources: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/; https://pubmed.ncbi.nlm.nih.gov/31789300/

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FREE PAIN CONSULTATION

ROCKY MOUNTAIN PHYSICAL THERAPY

CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 09-23-23

PATIENT SUCCESS STORY



"After 2 emergency room visits and 3 doctor visits for unbearable pain in my neck, and tingling shoulder and arm, I was referred to Rocky Mountain Physical Therapy in Johnstown. Thank you Dr. Ian for working with me these past 45 days and getting me back to being able to sleep through the night and wake up in the morning with less and less pain each week, to finally being pain-free from a pinched nerve in my neck."

— LeRon E.

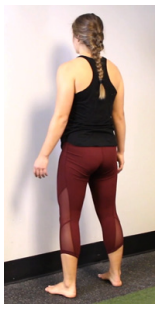
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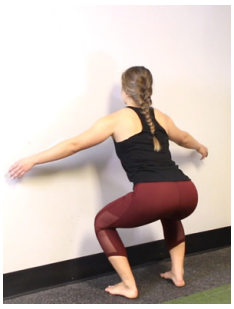
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Windsor (Pediatric)	(970) 510-8212

EXERCISE ESSENTIALS

POSTURE SQUATS FACING WALL

Try This Exercise to Improve Your Posture





Start by standing facing a wall with your feet just outside hip-width apart and your toes pointed slightly out. Slowly bend at your hips and knees to lower your butt toward the ground without hitting the wall. Make sure to keep your heels down. Drive through your heels to stand back up straight. Step closer to the wall if possible or farther if needed. 3 sets, 10 reps.

PT WIRED www.ptwired.com

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

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

rockymtnpt.com

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Request Appointment