



# Physical Therapy

N E W S L E T T E R



## STAND CORRECTED!

*COULD YOUR POSTURE BE THE REASON FOR  
YOUR ACHES AND PAINS?*

### **Improve Your Posture**

Steps you can take to  
overcome bad posture habits

### **Exercise Essentials**

Try this exercise to  
relieve back pain

### **Be Kind To Your Heart**

February is American Heart  
Health month!

# STAND CORRECTED!

*COULD YOUR POSTURE BE THE  
REASON FOR YOUR ACHES AND PAINS?*



Do you suffer from daily or recurrent aches and pains? If so, your posture may be the culprit. Just think about the number of hours a day we spend staring at a computer screen, hunched over our desks, or staring at our phones. That creates a lot of stress on the neck and back, especially if you are slouched, tilted forward, or looking down for prolonged periods of time.

## **How does poor posture affect me?**

Changes to your posture can negatively affect your body, and you may find yourself experiencing some of the following symptoms:

- If your posture contains a forward head tilt- This forward-head posture creates a strain on the neck, which can result in neck pain, shoulder pain, arm pain, chronic headaches, and lower back pain. Tilting your head forward for long periods of time shortens the muscles in the back of the neck, and can result in soreness throughout multiple parts of your body.
- If your posture contains slouching of the mid-back - If you slouch the middle of your back, you can drive your head forward and alter the way your ribs naturally align. By doing this, you may experience pain in the slouched region of the mid-back, in addition to pain in the neck. If this is your average standing posture, it is important to seek physical therapy treatment right away - over time, standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

- If your posture includes sitting for long periods of time - When you sit for prolonged periods of time, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which can cause soreness or achiness in the hips, legs, and back, and can create issues with your gait.

The way in which you walk can also have an effect on your posture. When you have improper posture, your center of gravity changes. This can cause your balance to decline, which can cause pain when walking, thus creating a vicious cycle of overcompensation and pain.

The most common symptom of poor posture is lower back pain, although pain can be present in other parts of the body, as well. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. Over a period of time, constant poor posture can create an unusual amount of wear and tear on the lower back, which can increase the risk of arthritis in the spine.



*Suffering from arthritis pain? Call **253.867.5759** to schedule a consultation with your physical therapist at PhysioWorks today!*

# WHAT YOU CAN DO TO IMPROVE YOUR POSTURE

## What can I do about it?

It can be difficult to correct poor posture, but there are a few steps you can take on your own to try and help:

- 1. Sit properly**— If you are at a desk for extended periods of the day, make sure your stance is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.
- 2. Take stretch breaks**— If you are an office worker, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so, and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.
- 3. Exercise**— Exercise is incredibly important, especially if your job produces several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back. Taking even a small amount of time to walk or jog around the neighborhood every day can highly improve your overall gait.
- 4. Set up your office properly**— If you work from an office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

## How can physical therapy help?

If these at-home treatments don't work, it is important to consult help from a physical therapist. Simply standing up straight is a fight against gravity, and if you have been standing the wrong way for several years, it may be difficult to change it on your own. However, physical therapists are dedicated to getting you back on track to a pain-free, and risk-free life. They will evaluate your posture and gait to determine the best treatments necessary for you, and then they will create a treatment plan unique for your needs. They can improve your posture, eliminate your pain, and get you back to doing the activities you love to do. If you are experiencing pain, and you think it may be a result of your posture, give us a call today. We will help you get back to a comfortable posture with just a few sessions.

**GET BACK TO LIVING YOUR  
LIFE PAIN-FREE!**

Call us at **253.867.5759** to book your  
appointment today!

**Physio Works**

## EXERCISE ESSENTIALS

*This Exercise Helps To Relieve Back Pain!*



### PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up onto your elbows. Hold for 10 seconds then return to start position. Repeat 8 times.

www.simpleset.net  SimpleSet Pro

## YOUR HEALTH IN MIND!

We are excited to announce that we are offering telemedicine to all our clients due to the COVID-19 pandemic.

In the clinic, we are taking all the necessary precautions so that we may keep working to care for our clients. We want to encourage those who do not think that they need hands-on care to stay at home and receive their treatment through the telemedicine option. If you do wish to continue with physical therapy in person, treatment is still available for you! We look forward to continuing to care for you on either platform.

Our doors are **currently open** for full rehabilitation services, in addition to our telemedicine option. For more information, feel free to call us at **253.867.5759**. Everyone stay safe and stay healthy.

*We are now accepting  
Blue Cross Blue Shield insurance!*

**SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!**

# FEBRUARY IS AMERICAN HEART HEALTH MONTH

- 1. Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up. Your heart works best when it runs on clean fuel.** That means lots of whole, plant-based foods (like fruits, vegetables, and nuts) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



## HEALTHY RECIPE SLOW-COOKER CHICKEN & WHITE BEAN STEW

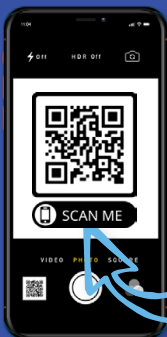
### Ingredients

- 1 lb. dried cannellini beans (see Tip)
- 6 c. unsalted chicken broth
- 1 c. chopped yellow onion
- 1 c. sliced carrots
- 1 tsp. finely chopped fresh rosemary
- 2 bone-in chicken breasts (1 pound each)
- 1 (4 oz) Parmesan cheese rind plus 2/3 cup grated Parmesan, divided
- 4 c. chopped kale
- 1 tbsp. lemon juice
- ½ tsp. kosher salt
- ½ tsp. ground pepper
- 2 tbsp. extra-virgin olive oil
- ¼ c. flat-leaf parsley leaves

### Directions

Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on low until the beans and vegetables are tender, 7 to 8 hours. Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones. Return the chicken to the slow cooker and stir in kale. Cover and cook on high until the kale is tender, 20 to 30 minutes. Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley. **Tip:** To save time, you can substitute 4 (15 ounce) cans of no-salt-added cannellini beans (rinsed) for the soaked dried beans.

## DO YOU HAVE A SUCCESS STORY WITH US?



*We Make It Easy To  
Leave A Review!*

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!

**Physio Works**

## PATIENT SUCCESS SPOTLIGHT



"This is my favorite clinic to come to. The therapists are always attentive to the patient's needs. Luda in particular is fun to work with and always energetic even if it's 7 am." — **Alek S.**

CALL 253.867.5759 TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY