

Wright

PHYSICAL THERAPY
JOINT • SPINE • SPORT

PHYSICAL THERAPY



IS POOR POSTURE CAUSING YOUR NECK AND BACK PROBLEMS?

Stand Tall with Wright Physical Therapy

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HOW POSTURE AFFECTS NECK & BACK PAIN

Stand Tall with Wright Physical Therapy



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 Wright Physical Therapy physical therapists, you 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.

EXERCISE TO TRY AT HOME

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.



HEALTHY RECIPE

VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

Directions: In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

HOW WRIGHT 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 Wright Physical Therapy, our 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.

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.

Dynamic Stretching Techniques

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, Wright 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.

Wright 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 Wright Physical Therapy today to learn more about how you can take steps to start improving your posture today.



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Magic Valley

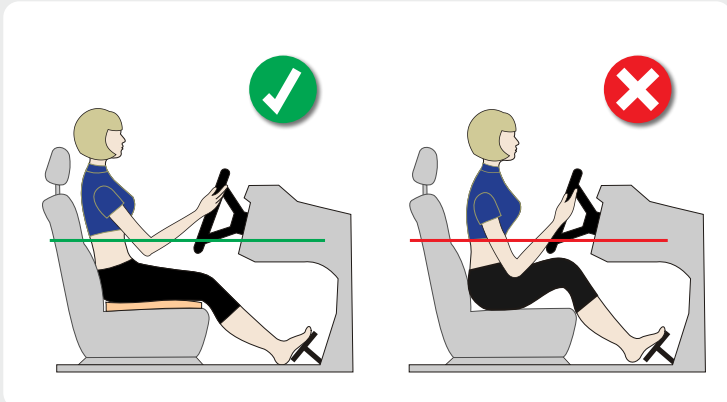
Mini Cassia

Boise

Eastern Idaho

PROPER DRIVING POSTURE

Try this if you're experiencing pain from poor posture behind the wheel. When traveling, be sure to adjust your driver seat to ensure that your hips are just above your knees. This not only allows for better blood circulation, but can ease the strain on your lower back.



"The people here are absolutely amazing! They listen from the moment you walk through the door and are always looking out for your best interests. They have helped so many people get back to a happy, productive life, myself included. Love my sessions here and the wonderful improvements they've helped me achieve!" – M.C.



We want to hear your Success Story. Scan the QR code and leave us a Google review.

Thank you!

ARE YOU LOOKING TO BECOME STRONGER, FASTER, AND HEALTHIER?

WRIGHT PHYSICAL THERAPY CAN HELP YOU MEET YOUR GOALS – NO MATTER YOUR AGE OR PHYSICAL CONDITION!

Our physical therapists can help you get started on a safe and effective fitness plan tailored to your needs and goals.

Call today for an appointment and become the best you can be.

**CALL TODAY!
 208.736.2574**



Are you in pain?

Come see us at Wright PT!



Scan the QR code to schedule your appointment

Schedule your appointment today!

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