

N E W S L E T T E R

HOW POSTURE AFFECTS NECK AND BACK PAIN

INSIDE:

- How To Improve Your Posture At Home
- Exercise Essentials
- 4 Simple Ways To Make Hydration A Habit
- Healthy Recipe





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Remember back when your mother used to tell you that if you wouldn't stop hunching your shoulders, they'd be stuck that way forever? An idle threat, one that barely anyone took seriously. Yet, fast forward a few decades and it turns out that mom might have been on to something, after all.

A poor habit of bad posture can have a lasting impact on your neck and back. The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once you start experiencing neck and back pain, simply squaring your shoulders isn't likely to be much help. Working with a physical therapist can help you to train the muscles in your back, neck and shoulders so that you can improve your posture permanently, and in doing so bring relief to your chronic neck and back pain.

The Posture and Pain Connection

Not all back pain is caused by poor posture, and it is true that you can have poor posture for years without feeling the consequences of that slouch right away, but in time the habit is likely to catch up with you. There are certain 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 certain times of day.** For

example, after you've spent a day at the office, or after a few hours on the couch.

- **The pain frequently starts in your neck and moves into your upper and lower back.** Pain that seems to travel from one area of the back to another is frequently an indication of posture concerns.
- **The pain will subside after switching positions, such as switching from sitting to standing or vice versa.**
- **Back or neck pain that 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 posture, your back, shoulder and neck muscles will likely find standing or sitting with straight posture to be uncomfortable. This is because your muscles have grown accustomed to the slouching, and standing up straight will require some thorough stretching. That doesn't mean that once you have bad posture you can never correct it.

Working with a physical therapist to improve your posture is a great way to overcome chronic neck and back pain. In physical therapy, you will be guided 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.



HOW TO IMPROVE YOUR POSTURE AT HOME

Of course, there are ways that you can improve your posture at home, as well. Here are several strategies that are typically helpful:

- Try to stand tall whenever you are standing or walking. Hold your head high and square your shoulders, but more importantly work on being the tallest version of yourself. Hunching over is the leading cause of poor posture.
- Use support when you sit to keep your posture correct. Lumbar support in office chairs and car seats will help a bit, but for improved posture you may need to add additional cushioning that will help you keep your back straight.
- Be mindful of how you lift heavy objects. Keep your shoulders square and your chest forward. When lifting something that is over 50 lbs it is important to take extra care. Lead with your hips and try to keep the weight close to your body. Lifting something improperly can lead to injury to your neck or back, which may make proper posture uncomfortable.

What can Good Posture do for You?

There are a lot of benefits of having good posture. Aside from saying goodbye to neck or back pain, improving your posture can provide several unexpected benefits to your lifestyle and personal well-being.

Here are a few of the additional benefits of having good posture:

- Proper posture creates quality exercise for your core and back
- Improved respiratory health
- Added protection for your organs, bones, joints and muscles
- Reduced risk of arthritis

If you are experiencing chronic neck and back pain, there is a good chance that it could be related to your posture. Contact your physical therapist to learn more about how you can take steps to start improving your posture today.



Stop letting pain get in the way.

Give us a call today at (501) 781-2701 or visit

www.JEPhysicalTherapy.com to schedule your appointment!

FUN & GAMES

4			7		1		6	8
	1	9		8				
		5	3				4	
					9		1	4
	9						2	
5	3		8					
	8				3	4		
				6		1	9	
3	5		9		2			6

<http://1sudoku.com>

n° 222047 - Level Medium

Only use the numbers 1 to 9. Avoid trying to guess the solution to the puzzle. Only use each number once in each row, column, & grid. Use the process of elimination as a tactic. Use cross-hatching and penciling in techniques.

EXERCISE ESSENTIALS

Helps Stretch Back



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Repeat as necessary.



CALL TODAY!

4 SIMPLE WAYS TO MAKE HYDRATION A HABIT



Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. **Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. **When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
3. **Sip on a mug of herbal tea every evening.** If you make this a habit,

you'll add an extra cup of fluid to your body every single day.

4. **Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

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HEALTHY RECIPE

CHERRY-BERRY OATMEAL SMOOTHIES



- 1 cup quick-cooking rolled oats
- 1-2 tbsp almond butter
- ½ cup light almond milk
- 1 tbsp honey
- ¾ cup fresh strawberries
- ½ cup small ice cubes
- ½ cup fresh dark sweet cherries

In a medium bowl combine water and oats. Microwave 1 minute. Stir in ¼ cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes. In a blender combine oat mixture, the remaining ¾ cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

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PHYSICAL THERAPY

TO REDEEM, GIVE US A CALL & MENTION THIS COUPON!

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