



PRECISION
IN MOVEMENT

HEALTHY LIVING NEWSLETTER

JUNE 2022



RELIEVE PAIN WITH PROPER POSTURE

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Call to schedule your **FREE** consultation today at 909.703.2283 or online at precisioninmovement.com



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Call 909.703.2283 and come back to Physical Therapy today!

Do you find your back and neck getting stiff and sore at the end of the day? Do you notice your mood feels worse after sitting slumped over your computer? If so, your posture may be to blame.

At Precision In Movement, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine!

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful. Too often, we spend our time staring at a computer screen, hunched

over our desks, or looking down at our phones. These postures create a lot of stress on our spine. The worse your posture is, the more intense your back and neck pain, the harder it is to breathe, and the worse your mood becomes. Fortunately, Precision In Movement can help ease some of these stressors. Specialized hands-on techniques and targeted exercises can help restore mobility and strength in your spine and improve your posture.

Our dedicated physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! Call today to make an appointment.

HEALTHY RECIPE:

Caprese Salad



CAPRESE:

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

BALSAMIC

VINAIGRETTE:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper

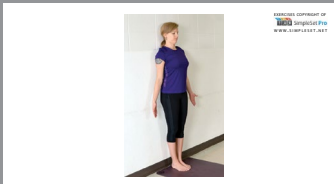
DIRECTIONS: Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

<https://www.tasteofhome.com/recipes/caprese-salad/>

EXERCISE ESSENTIALS

WALL POSTURE

Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time. Hold for 20 seconds and repeat 10 times.



Call 909.703.2283 with any questions or if you are unsure what you are doing.

What exactly is good posture?

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When people think of posture, they usually imagine someone sitting tall or perhaps slumped. Or they imagine someone standing tall at attention (like in the military). Posture is the position(s) of a person's body in space. 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 call "good posture" (also referred to as a neutral spine). This neutral spine posture allows the body to absorb and distribute stresses from everyday activities such as sitting, standing, walking or more intense activities such as running and jumping.

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. 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 YOU CAN DO TO IMPROVE YOUR POSTURE

Prolonged slumping while standing or sitting can cause your back, hip/pelvis, and abdominal muscles to become strained and painful. Poor postural habits also impact your overall health by reducing your cardiovascular function, inhibiting your breathing, impacting your balance and gait, and harming your overall mood.

Our highly trained therapists can educate you about your posture's impact on your body and teach you simple skills to find and maintain a neutral spine. For example, when you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out – lifting you up – keeping your hips, spine, shoulders, and neck aligned.

Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes at a time.



PATIENT SUCCESS

"The amount of time and thought that goes into each session is incredible."

"Took my daughter after a knee injury. She is a dancer so getting back to dancing was very important to her. Peter is amazing, kind and so knowledgeable! My daughter started on crutches and ended up walking, dancing and doing dance leaps and dance turns better and stronger than before her injury. The amount of time and thought that goes into each session is incredible. The resources that they use during the hour session from underwater treadmill, laser, leg compression, exercises and strengthening machines is great! They also take proper covid precautions too, so that is nice. With 2 very active children we have seen many days of physical therapy over the years. I highly recommend this place as it the best we have ever been to." – **Kay N.**

READ MORE PATIENT SUCCESS STORIES AT [PRECISIONINMOVEMENT.COM](https://www.precisioninmovement.com)



HOW CAN PHYSICAL THERAPY HELP MY POSTURE?

Physical therapy is the right solution to improving your posture and spinal health. Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

It is normal for people to lose a sense of how their postural muscles work and contribute to the health of their spine. These muscles become weak and uncoordinated with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strength training exercises have been shown to help improve our overall posture. It is vital to make sure your core muscles (i.e., hip/pelvis, back, and abdominal muscles) are strong and integral to practicing proper posture.

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.
- We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

IMPROVE YOUR POSTURE WITH PRECISION IN MOVEMENT TODAY!

Get back to your optimum health by consulting with a licensed physical therapist. We'll help you achieve the strong spine health you need. Contact our office today to get started on the path toward better posture and decreased pain!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00586/full> • <https://www.sciencedirect.com/science/article/abs/pii/S00219292020301445>



**PRECISION
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STAY HYDRATED

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.
5. 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.

**CALL US TODAY
909.703.2283**