

HOW POSTURE AFFECTS NECK & BACK PAIN



THERAPYWORKS IS NOW THE PREMIER PHYSICAL THERAPY PROVIDER FOR VIBRANT HEALTH SOLUTIONS.

DETAILS INSIDE.



REQUEST AN APPOINTMENT

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 TherapyWorks 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.

Continued inside.



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Continued from previous page.

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 TherapyWorks, our physical therapists 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.

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

REQUEST AN APPOINTMENT

(785) 367-3395



Vibrant Health SOLUTIONS

TherapyWorks is now the premier physical therapy provider for Vibrant Health Solutions.

TherapyWorks has been serving the people of Lawrence, KS since 1994. We have a highly experienced and dedicated team of physical therapists who offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Our patients have found high levels of success in our treatment services due to our implementation of advanced technology and methods.

Our team is here to provide support and help YOU reach YOUR GOALS. Contact TherapyWorks today!

Start Feeling Better Today! Call Us At (785) 367-3395 Or Visit Us Online At www.therapyworkskansas.com

EXERCISE ESSENTIALS

Try this exercise to help improve your posture.

CORNER WALL PEC STRETCH

Start by standing facing the inward corner where two walls meet. Place your arms so that one forearm is on each wall with your elbows and armpits bent to about 90-degree angles. Slowly lean in toward the corner until you feel a stretch in your chest and the front of your shoulders. Hold for 30 seconds.

TO SEE RACHEL SHOW YOU HOW TO PERFORM THIS EXERCISE, JUST CLICK HERE



WHILE THERE YOU CAN CHECK OUT THE OTHER EXERCISES DEMONSTRATED ON OUR YOUTUBE PAGE

Patient Success Spotlight



"Thank you James, all the therapists, and the competent and friendly office staff. I highly recommend TherapyWorks!" —Lynette

JULY VIRTUAL WORKSHOPS SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
July 5th at 6:30 pm



BACK PAIN AND SCIATICA

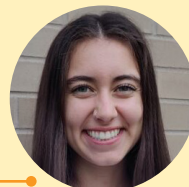
With Cindy Johnson, M.S., MCMT
July 19th at 6:30 pm

[Click Here for Workshop Info](#)

FACEBOOK LIVE INTERVIEW EVENTS



July 12th at 4:30 pm
Topic: Fall Prevention with
Logan Powell, PTA



July 26th at 4:30 pm
Topic: Headache Relief with
Rachel Barron, PTA

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Your PT success story could be someone's inspiration to get the help they need! Click below to share your story and make a difference in someone's life.

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