PT Center
PHYSICAL THERAPY AND SPORTS MEDICINE



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Perfecting Posture: Achieving a Strong and Balanced Body

Health & Wellness Newsletter

Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is, the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

At the Physical Therapy Center, our team of physical therapists can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so it gets irritated and painful when it is stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

Contact the Physical Therapy Center today to learn more about improving your posture and leading a pain-free, active life!

What Is Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Posture is defined as "the alignment and positioning of the body in relation to gravity, the center of mass, or base of support." Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

Secure Your Next Physical Therapy Visit!



Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!

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What Is Good Posture?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. 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 think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching, alleviate your pain and improve your overall health!

What To Expect At Physical Therapy

Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, your physical therapist will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

Call Today To Schedule An Appointment

If you are experiencing back pain, your posture may be to blame. Fortunately, the Physical Therapy Center is ready to help you begin your journey toward long-lasting pain relief.

Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!

Sources:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/

Check Out These Tips To Help You Stay Active & Healthy!

★★★★★

"I could not recommend the Physical Therapy Center enough! From day 1, my therapists made me feel welcome and at ease. They listened to my concerns and questions thoughtfully and worked with me to help me achieve my goals. They are extremely professional, encouraging, and upbeat! If you need PT, definitely check out the South End Physical Therapy Center."

Google 5-Star Review

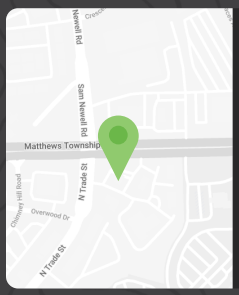
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PT WIRED
www.ptwired.com



Seated Thoracic Extension With Chin Tuck

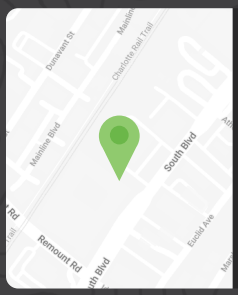
Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades. Hold then relax.



Matthews Location

1352 Matthews Township Pkwy
Unit 102 - Matthews, NC 28105
(704) 610-1868

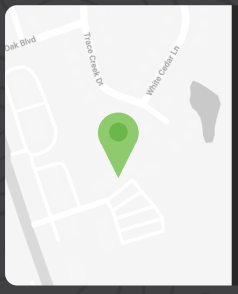
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South End Location

2400 South Blvd
Suite 203 - Charlotte, NC 28203
(980) 303-3991

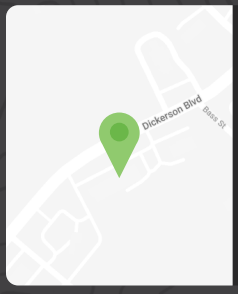
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Waxhaw Location

105 Waxhaw Professional Park Dr
Suite B - Waxhaw, NC 28173
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Monroe Location

1730 Dickerson Blvd
Suite D - Monroe, NC 28110
(704) 459-3794

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