



FEBRUARY 2023

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

IMPROVE YOUR SPINE HEALTH BY *IMPROVING YOUR POSTURE*



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IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

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 Atrium Physical Therapy, 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, Atrium Physical Therapy 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.

WHAT EXACTLY IS GOOD POSTURE?

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

Continued inside.

Are you suffering from pain in your spine? Call 1.575.888.2806

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SIT UP STRAIGHT INTO A PAIN FREE LIFE!

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.

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 ATRIUM PHYSICAL THERAPY 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/S0021929020301445>

CALL 1.575.888.2806 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO



Try This Seasonal Recipe

Valentine's Day Champagne Cupcakes

INGREDIENTS:

- cooking spray
- 1 (18.25 oz) white cake mix
- 1 1/4 cups Champagne/sparkling white wine at room temperature
- 1/3 cup vegetable oil
- 3 eggs
- 1/2 cup butter, softened
- 4 cups confectioners' sugar
- 1/4 cup Champagne or other sparkling white wine at room temperature

INSTRUCTIONS:

Preheat oven to 350 degrees F (175 degrees C). Spray 24 muffin cups with cooking spray. Mix cake mix and 1 1/4 cup Champagne in a large mixing bowl; stir in vegetable oil and eggs. Beat batter with an electric mixer on medium speed for 2 minutes. Pour batter into the prepared muffin cups, filling them 3/4 full. Bake cupcakes in the preheated oven until a toothpick inserted into the middle of a cupcake comes out clean, about 20 minutes. Cool cupcakes in pans for 10 minutes before removing to finish cooling, about 30 more minutes. Mix butter, 1 cup confectioners' sugar, 1/4 cup Champagne, and vanilla extract in a bowl. Stir in remaining confectioners' sugar, 1 cup at a time, until frosting is smooth and creamy. Spread on cooled cupcakes.

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