

NEWSLETTER



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

2022

What You Can Do To
Improve Your Posture

Exercise Of
The Month

Devices &
Neck Problems



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 Albanese 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, Albanese 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!

Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927

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.

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 ALBANESE 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>



FEEL BETTER BY EATING BETTER

GREAT NORTHERN BEAN SOUP

- 1 tablespoon olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 2 carrots, chopped
- 1 stalk celery, chopped
- 4 cups vegetable broth
- 1 large potato, chopped
- 2 bay leaves
- 1 tablespoon dried basil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 pinch ground thyme
- 2 (15 ounce) cans Great Northern beans, rinsed & drained

Heat olive oil in a stockpot over medium heat. Cook and stir onion and garlic in hot oil until the onion is tender, about 5 minutes. Stir carrots and celery into the onion mixture. Pour vegetable broth into the stockpot; add potato, bay leaves, basil, sea salt, pepper, and thyme. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer until the vegetables are beginning to soften, about 20 minutes. Stir beans into the soup; continue simmering until the beans are hot and tender, about 20 minutes more.

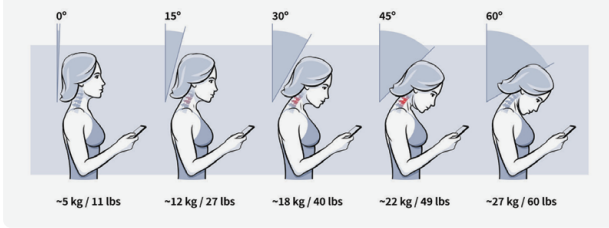
EXERCISE OF THE MONTH

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.



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DEVICES & NECK PROBLEMS

Do your teens complain about soreness after looking down at their tablet or smartphone? The bottom line is the worse their posture, the more intense back and neck pain can become! Poor postural habits can lead to soreness and may lead to more severe problems if left unchecked.

The good news is that guidance from our physical therapists at Albanese Physical Therapy can help teach your teen how to find their natural, "correct" posture and bring relief to neck and back pain.

Request an appointment today to learn more about how physical therapy can help prevent back and neck pain this school year!

HOW GOOD POSTURAL HABITS CAN HELP YOU AVOID NECK PROBLEMS

Posture is another way of saying a person's body's position(s) in space; this includes how we hold our body when we move. What most people mean when referring to "good posture" is when the spine is in its natural position, the vertebrae are stacked over one another (aka neutral spine).

Most school settings are limited, by their design (and budgets), from providing proper fitting chairs and desks that ensure proper posture in the classroom. When you combine this with the sheer volume of time spent looking down at tablets and smartphones, it's no wonder more teens are complaining of back and neck pain.

To find the natural posture, all you need to do is lift your breast bone (i.e., sternum) towards the sky. This will naturally cause your spine to straighten out, help you maintain your neutral posture, and allow your muscles to do the work of holding you up properly.

One of the most important steps every student should take is to take breaks from their devices and limit overall usage. Setting an alarm or reminder of some type to look up and move around physically can make all the difference and help your teen avoid soreness from extended use.

REQUEST AN APPOINTMENT AT ALBANESE PHYSICAL THERAPY TODAY!

At Albanese Physical Therapy, our physical therapy team will provide practical strategies to resolve any postural issues your teen may be dealing with.

Call today to set up an appointment with one of our specialists!

Sources:

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2604754#:~:text=At%207%20years%20of%20age,have%20experienced%20low%20back%20pain,https://pubmed.ncbi.nlm.nih.gov/30252425/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>
<https://pubmed.ncbi.nlm.nih.gov/22285408/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2200681/>



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

Rich Albanese was an excellent choice in treating my "one of the worst" frozen shoulder. He has a wealth of experience and knowledge that was instrumental in my recovery. Rich and Dana truly care about their patients' health and well-being. The office is very clean and convenient. I will definitely return or recommend Rich if the need arises.!

T. B.

5-Star Google Review



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
 Wednesday: 8 AM - 12 PM
 Thursday & Friday: 8 AM - 5 PM
 Saturday & Sunday: Closed

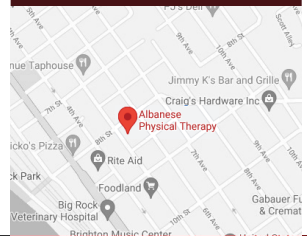
CONTACT US

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@ALBANESEPHYSICALTHERAPY



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