

# NEWSLETTER



**Albanese  
Physical  
Therapy**

## **HOW TO FIX IMPROPER POSTURE FOR BACK AND NECK PAIN RELIEF**

2024

The Relationship  
Between Posture  
and Pain

Feel Better By  
Eating Better

Preventing Lower Back  
Pain at the Beginning of  
the New School Year

[ALBANESEPHYSICALTHERAPY.COM](http://ALBANESEPHYSICALTHERAPY.COM)

**(724) 419-8927**



**Albanese  
Physical  
Therapy**

**10** Years  
ANNIVERSARY

OF BEING AN INDEPENDENT CLINIC



# HOW TO FIX IMPROPER POSTURE FOR BACK AND NECK PAIN RELIEF

**"Stand up straight!" has been a refrain from parents throughout the ages, but is it really that important? Actually – yes, it is!**

Many people assume maintaining proper posture is about appearance: looking tall and confident. In reality, improper posture can cause pain in your neck and upper back and put pressure on your spine, leading to an increased injury risk.

But what exactly is proper posture? It probably won't surprise you to learn that it's more complicated than merely standing up straight. Instead, it's more about finding the right spinal alignment for your body – and that's something the physical therapists at Albanese Physical Therapy can help you with!

If you're struggling with persistent neck or back pain, it may be time to visit us for a postural assessment. We'll help pinpoint any impairments or imbalances in your spine that might be causing problems and then provide strategies for maintaining your postural alignment throughout the day.

**Call us to schedule an appointment for your initial consultation!**

## UNDERSTANDING PROPER POSTURE: MOVEMENT AND AWARENESS IS KEY

Let's get this out of the way first: There's no universal "ideal posture" that will work for everyone. Even common advice like "stand up straight" isn't particularly helpful: for one, no one's spine is ever perfectly straight since it has a natural curve pattern. For another, you don't spend your entire life standing still.

*Rather than aiming for a non-existent "perfect" posture, you want to focus on two things:*

- **Postural Awareness:** People don't set out to have bad posture. You might start the day telling yourself you're not going to slouch – but then, as you get busy with other tasks, posture becomes the last thing on your mind. By staying more aware of your posture, you can more easily adapt to the various positions you have to hold throughout the day.
- **Avoid Prolonged Postures:** Your body wants to move. Holding the same posture for extended periods (even if you're sitting up straight and have everything in alignment) is still going to cause problems! Rather than aiming for a "perfect" posture, make sure to change your positions throughout the day. Alternate between sitting and standing. Switch positions. Get up and move around. In short – try to stay as active as possible.



### Questions for Rich: *Do you take my insurance?*

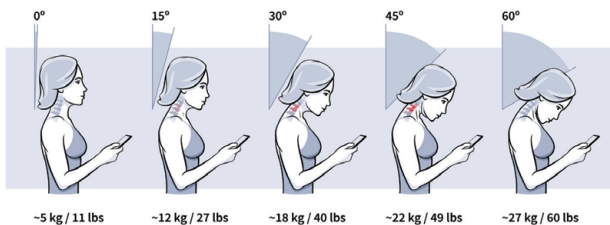
We accept almost all major insurances. Unfortunately we have been unable to get in network with UPMC. Some UPMC plans have out of network benefits which we can accept. Our office can check that out for you.

**(724) 419-8927**

# FREE SCREENING

Schedule your free screening today!

**(724) 419-8927**



## THE RELATIONSHIP BETWEEN POSTURE AND PAIN

Neck and back pain have several potential causes and contributing factors. Improper posture is often one of them.

When you lose your postural awareness and start to slouch, it puts extra strain on the muscles that support your spine, particularly the muscles in your neck and upper back. This can lead to overuse injuries that cause pain or restricted mobility.

Remaining in prolonged postures (particularly sitting) also puts extra strain on your back muscles. When you get up and move around – even if it's just for a few minutes – you relieve that pressure. Staying active also helps strengthen the muscles of your back and core, which helps prevent common musculoskeletal injuries that can cause pain and dysfunction.

### PHYSICAL THERAPY'S ROLE IN IMPROVING POSTURE

When you visit us for your appointment, here's what we'll do to help you improve your posture and reduce your back and neck pain:

- **We start with a comprehensive postural assessment:** We'll take a look at your posture when you're sitting, standing, and moving, looking for potential areas of dysfunction. We'll also take a complete health history and might run some additional screens, too, testing for strength, mobility, balance, and more.
- **We help with any acute pain:** Manual therapy techniques and targeted mobility exercises can help relieve your pain and help you get your body's function back.
- **We help strengthen any weak muscles:** Targeted strengthened exercises will help correct any muscular imbalances stemming from improper posture, providing better support and stability to your spine.
- **We offer personalized postural corrections:** The final piece of the puzzle helps ensure lasting relief. We'll provide a customized postural improvement plan that speaks to your unique needs and impairments.

### START IMPROVING YOUR POSTURE TODAY!

Fixing improper posture isn't a one-and-done affair, but a visit to Albanese Physical Therapy can help you get started. Call us to schedule your appointment today!

Sources:  
<https://www.physio-pedia.com/Posture>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>



### FEEL BETTER BY EATING BETTER

#### APPLE PIE CHIA SMOOTHIE

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.



#### Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)





## PREVENTING LOWER BACK PAIN AT THE BEGINNING OF THE NEW SCHOOL YEAR

If your child is experiencing persistent lower back pain, a consultation with a physical therapist at Albanese Physical Therapy can be the first step to a more comfortable school year. During the initial assessment, our skilled therapists will evaluate posture, muscle strength, and flexibility to determine the root cause of the pain.

*Based on these findings, a tailored treatment plan that may include:*

- **Ergonomic Education:** One of the first steps in prevention is education about proper ergonomics. Therapists instruct students on how to properly wear backpacks, adjust their desks and chairs, and even position their laptops to minimize strain on the back.
- **Postural Training:** Students are taught to maintain proper posture throughout the day, whether they're sitting in a classroom, standing, or engaged in physical activities. Techniques may include visual feedback methods and practical exercises to reinforce good habits.
- **Core Strengthening Exercises:** A strong core can provide better support to the spine, helping to alleviate and prevent back pain. Therapists often prescribe a series of core strengthening exercises that can be done at home or under supervision.
- **Stretching and Flexibility Exercises:** Tight muscles can contribute to poor posture and back pain. Targeted stretching exercises can help improve flexibility and relieve tension in the back and surrounding muscles.
- **Activity Modifications:** Students heavily involved in sports or physical activities may be at risk of repetitive strain injuries contributing to back pain. Physical therapists may advise on modifying specific movements or techniques to prevent this.

Educating children on how to maintain these good practices is a pivotal part of the therapy, offering long-term benefits that go beyond immediate pain relief.

If you notice your child struggling with any symptoms of back pain, reach out to Albanese Physical Therapy and schedule an appointment!

Sources:  
<https://pubmed.ncbi.nlm.nih.gov/35344847/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3548715/>

The treatment I received at Albanese was remarkable. Rich and his staff are wonderful caring people, who always made me feel welcome. I highly recommend them.



Google 5-Star 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

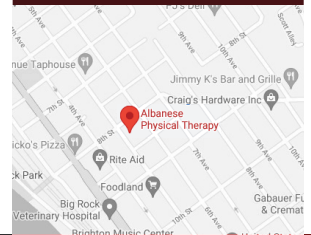
### CONTACT US

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@ALBANESEPHYSICALTHERAPY



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!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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