

Join us for our 13th Annual

DANIELLE'S

5K Walk/Run

DASH

Friday, May 10th, 2024
Registration at 6:30p CDT
5K begins at 7:30p CDT
Yellig Park, Santa Claus




TO REGISTER FOR THE EVENT
JUST SCAN THE QR CODE OR VISIT
DANIELLE'S DASH ON FACEBOOK.



STAND UP STRAIGHT!

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 Advanced Rehabilitation 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.

Continued inside.

STAND UP STRAIGHT!

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- **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.

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.

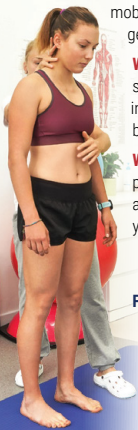
We help with any acute pain. Manual therapy techniques and targeted mobility exercises can help relieve your pain and help you get your body's function back.

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 Advanced Rehabilitation can help you get started. Call us to schedule your appointment today!



PEANUT BUTTER BANANA ICE CREAM

INGREDIENTS

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

DIRECTIONS

Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: <https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/>

Exercise Essentials

POSTURE SQUATS FACING WALL

Start by standing facing a wall with your feet just outside hip-width apart and your toes pointed slightly out. Slowly bend at your hips and knees to lower your butt toward the ground without hitting the wall. Make sure to keep your heels down. Drive through your heels to stand back up straight. Step closer to the wall if possible or farther if needed.



If you are not sure about how to do this exercise, please consult with your physical therapist before starting.



TELL CITY: 812-363-1980
JASPER: 812-902-1413
SANTA CLAUS: 812-902-2515



STEALTHY EXERCISES TO DO AT YOUR WORK DESK

If you have an office job, it's essential that you take breaks from sitting. Prolonged sitting strains our back and neck muscles, leading to pain and other impairments.

One way to combat this is to set a timer to go off every 30 minutes to an hour, reminding you to stop what you're doing and take a few minutes to move: for instance, get up and walk around the office or do some simple stretches.

But sometimes, that's just not possible. Fortunately, these stealth exercises allow you to work your core and back muscles without drawing a lot of attention to yourself.

- **Core Activation:** Sit up tall in your chair with your pelvis tilted forward. Squeeze your core muscles tightly and hold for 15 seconds (don't forget to breathe). Then, release and repeat. You can build the intensity by lifting one foot at a time as you engage your core.
- **Seated Twists:** Sit up tall with your core activated. Take a deep breath in. Then, as you exhale, twist to one side. There, take five deep breaths, then return to facing the front. Repeat the process on the other side.
- **Chair Squats:** If you don't need to be super-stealthy, chair squats are a good way to get some movement in. Push your chair away from your desk so you can stand up without using your hands. Then move to sit back down — but stop right before you hit the chair. Repeat as many times as you need.

Patient Success Spotlight



"ARI is fantastic! The staff are all so friendly and personable. They truly take the time to listen to their patient's problems and needs. They were able to help with my elevated rib to the point that I walked out with full mobility and zero pain in less than a month! So so happy with them. As much as I hope I don't need PT again in the future, if the need arises I will definitely be returning to ARI!" – Amanda A.

FREE WORKSHOPS

PERIPHERAL NEUROPATHY

THURSDAY, MAY 16 | 6:00 PM JASPER

SATURDAY, MAY 18 | 9:00 AM TELLCITY

SATURDAY, MAY 18 | 9:00 AM ADVANCEDREHABINC-SANTACLAUS

KNEE PAIN

THURSDAY, JUNE 06 | 6:00 PM ADVANCEDREHABINC-SANTACLAUS

SATURDAY, JUNE 15 | 9:00 AM JASPER

SATURDAY, JUNE 22 | 9:00 AM TELLCITY

Call today to register. Workshops are free but space is limited.

ARI, WE CAN FIX THAT!

ARE YOU IN PAIN? HAVE YOU SUSTAINED AN INJURY? CONTACT US TODAY TO SCHEDULE AN APPOINTMENT!



Scheduling Your PT Appointment Is Easy – Just Scan the QR Code or give us a call.

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