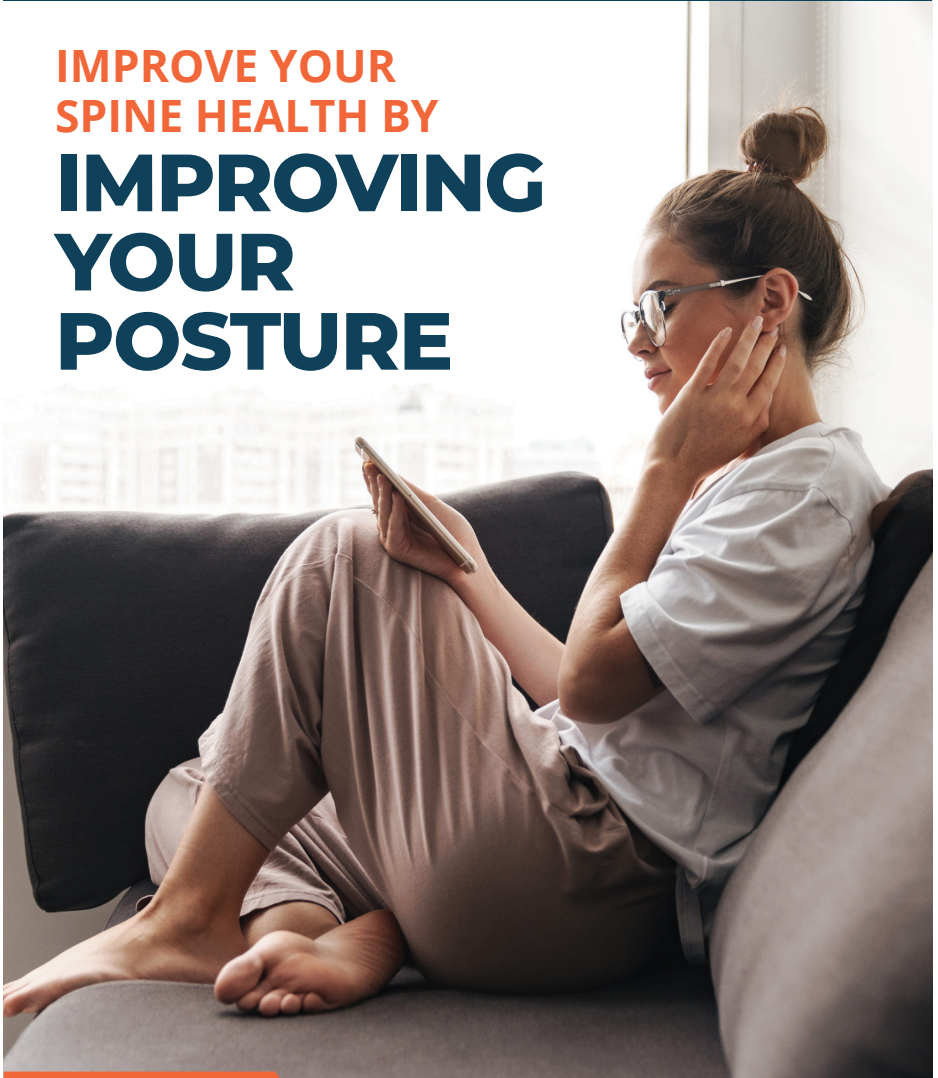




connections
PHYSICAL THERAPY

NEWSLETTER

**IMPROVE YOUR
SPINE HEALTH BY
IMPROVING
YOUR
POSTURE**



ALSO INSIDE

WHAT YOU CAN DO TO IMPROVE 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 Connections 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, Connections 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!

COME BACK IN FOR PT!

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 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 Connections 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>

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EXERCISE ESSENTIAL | SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.

*This exercise is designed for pain prevention.
Call your therapist if you are experiencing any pain!*





New Year, New Goals!

Start 2022 Off Strong With Physical Therapy!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2022, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Connections Physical Therapy help you on your journey to becoming strong, healthy, and active in 2022.

Our goal is to help you reach yours!

Come back into our clinic for treatment and take a step towards better health.



Scan the code to find us.>



Scan the code to <<find us.

STAFF SPOTLIGHTS

KATE RONDEAU PT, DPT, ACT



Kate graduated from Westfield State in 2012 with her BS in Athletic Training and completed her doctorate at the University of Rhode Island in 2015. She has worked in outpatient orthopedics throughout her entire career joining the Connections Team in 2020. Kate enjoys treating athletes of all ages and sports including and not limited to running, golf, gymnastics, ice climbing, surfing, and all team

sports. Her favorite aspect of this job is being able to help her patients achieve their goals and return to their desired activity whether post surgical or when experiencing a chronic injury. Outside of work, Kate enjoys spending time with her family and friends, running, and playing in a women's outdoor soccer league.

KATELYNN DIMATTEO PT, DPT



Katelynn graduated from Northeastern University with her Bachelor's in Rehabilitation Sciences with a minor in Business Administration and Exercise Science in 2016 and went on to receive her Doctorate of Physical Therapy in 2017. Throughout her career she has specialized in orthopedics and sports injuries working in outpatient settings.

She enjoys working with pediatric patients and young athletes, but also has a special interest in treating hip injuries. She uses a primarily exercise based treatment approach with a balance of manual techniques, including instrument-assisted soft tissue mobilization (IASTM). When not at work, she enjoys baking, crafting, hiking, traveling and spending time with her husband and rescue pup! Her favorite place to visit is Cape Cod.

Call your nearest Connections Physical Therapy clinic to schedule your next PT appointment!



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