



**IS YOUR POSTURE
CAUSING YOUR
NECK
AND
BACK
PAIN**

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HOW POSTURE AFFECTS NECK AND BACK PAIN



Did your mother ever tell you when you were young “if you don’t stop hunching your shoulders, they’ll be stuck that way forever”? An idle threat, one that barely anyone took seriously. Yet, fast forward a few decades and it turns out that mom might have been on to something, after all.

A poor habit of bad posture can have a lasting impact on your neck and back. The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once you start experiencing neck and back pain, simply squaring your shoulders is only one piece of the puzzle. Working with a physiotherapist can help you to train the muscles in your back, neck and shoulders so that you can improve your posture permanently, and in doing so bring relief to your chronic neck and back pain.

The Posture and Pain Connection

Not all back pain is caused by poor posture. And you can have poor posture for years without feeling the consequences of slouching right away. But, in time, the habit is likely to catch up with you. There are certain ways that you can tell if neck or back pain may be a result of

poor posture, including:

- The pain in your back is worse at certain times of the day. For example, after you’ve spent a day at the office, or after a few hours on the couch.
- The pain frequently starts in your neck and moves into your upper and lower back. Pain that seems to travel from one area of the back to another is frequently an indication of posture concerns.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain that develops soon after a change in circumstances, such as starting a new job with a new desk chair, or getting a new car.

After years of practicing poor posture, your back, shoulder and neck muscles will likely find standing or sitting with straight posture to be uncomfortable. This is because your muscles have grown accustomed to the slouching, and standing up straight will require some thorough strengthening. That doesn’t mean that once you have bad posture you can never correct it.



HOW PHYSIOTHERAPY CAN HELP YOUR PAIN

Working with a physiotherapist to improve your posture is a great way to overcome chronic neck and back pain. In physiotherapy, you will be guided through a series of stretches and strength building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain.

Of course, there are ways that you can improve your posture at home, as well. Here are several strategies that are typically helpful:

- Try to stand tall whenever you are standing or walking. Hold your head high and square your shoulders, but more importantly work on being the tallest version of yourself. Hunching over is the leading cause of poor posture.
- Use support when you sit to keep your posture correct. Lumbar support in office chairs and car seats will help a bit, but for improved posture you may need to add additional cushioning that will help you keep your back straight.
- Be mindful of how you lift heavy objects. Keep your shoulders square and your chest forward. When lifting something that is over 50 lbs it is important to take extra care. Lead with your hips and try to keep the

weight close to your body. Lifting something improperly can lead to injury to your neck or back, which may make proper posture uncomfortable.

What can Good Posture do for You?

There are a lot of benefits of having good posture. Aside from saying goodbye to neck or back pain, improving your posture can provide several unexpected benefits to your lifestyle and personal well-being. Here are a few of the additional benefits of having good posture:

- Proper posture creates quality exercise for your core and back
- Improved respiratory health
- Added protection for your organs, bones, joints and muscles
- Reduced risk of arthritis

If you are experiencing chronic neck and back pain, there is a good chance that it could be related to your posture. Contact your physiotherapists to learn more about how you can take steps to start improving your posture today.

Call (416) 760-8280

EXERCISE ESSENTIALS

Practicing good posture!

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.





PATIENT GRADUATION! Congrats Gertrude!

PATIENT SPOTLIGHTS

"True professionals who make recovery from an injury so much faster than I ever thought possible"

"I can't say enough about Liz Frey and the staff at Physio Plus. True professionals who make recovery from an injury so much faster than I ever thought possible. Liz is skilled at assessing the issues and providing treatment in the clinic with follow up at home. I have made amazing progress whilst under her care!!" - **Deborah M.**

STAFF SPOTLIGHT



HAVE YOU HEARD AN AUSSIE ACCENT AROUND THE CLINIC?

Introducing:

**YUMA HEMPHILL,
an Osteopathic Manual
Practitioner, trained in
Melbourne Australia!**

Yuma prides his work on the ability to formulate a treatment and management approach via an evidence based form of assessment; highlighting the necessity to find the root cause of the presenting issue. He draws on treatment techniques including: dry needling, articulation, joint manipulation and a range of soft tissue techniques. He combines this all with rehab exercises to give the client the best possible chance of recovery!

Outside of the clinic, Yuma is an avid runner, cyclist, coffee enthusiast, and lover of Ontario craft beers.

Call the clinic today to schedule your appointment with Yuma.

HEALTHY RECIPE



GRILLED CHICKEN CAPRESE

INGREDIENTS:

2 (about 1 lb) large boneless, skinless chicken breasts	2 oz fresh salted mozzarella
2 tbsp olive oil	2 plum tomatoes
	1/4 cup fresh basil

DIRECTIONS: Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

ARE YOU OR SOMEONE YOU KNOW IN PAIN?

Did you know that we offer a complimentary 20 minute phone or virtual consultation with one of our local Toronto physiotherapists to discuss your issue, and provide honest advice about treatment options?

**CALL PHYSIPLUS HEALTH GROUP TODAY
AT 416.760.8280 AND START FEELING
BETTER.... FASTER!**

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