

CALL 647.484.3345 TODAY!



# HOW TO FIX POOR POSTURE

WITH PHYSIOTHERAPY



**Contact PhysioPlus Today to Find Out How  
Physiotherapy Can Help Fix Your Poor Posture!**



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Jen's top 5 places to get a fun workout or sweat in Toronto

[www.physioplushealth.com](http://www.physioplushealth.com)

## HOW TO FIX POOR POSTURE

### WITH PHYSIOTHERAPY

**Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame.**

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is, the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

At PhysioPlus, our team of physiotherapists can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so it gets irritated and painful when it is stuck in slouched postures. Fortunately, our physiotherapists can show you how to improve your posture and feel good again!

Contact PhysioPlus today to learn more about improving your posture and leading a pain-free, active life!

#### What Is Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Posture is defined as “the alignment and positioning of the body in relation to gravity, the center of mass, or base of support.” Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

*Continued inside.*



**FIND OUT HOW PT CAN HELP FIX YOUR POSTURE.**

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# HOW TO FIX

# POOR POSTURE



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## What Is Good Posture?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. 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 think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching, alleviate your pain and improve your overall health!

## What To Expect At Physiotherapy

Physiotherapy is a great way to regain normal posture. Our physiotherapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, your physiotherapist will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

## EXERCISE ESSENTIALS

### PIGEON POSE

Start in a kneeling position. Place the leg you want to stretch in front of you, with your knee pointing away and your shin perpendicular with your body. Straighten the opposite leg back behind you. Slowly lean your body forward onto your hands and forearms, until you feel a stretch in your hip.



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In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physiotherapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

## Call Today To Schedule An Appointment

**If you are experiencing back pain, your posture may be to blame. Fortunately, PhysioPlus is ready to help you begin your journey toward long-lasting pain relief.**

**Contact our office today to schedule a consultation and learn how physiotherapy can help you find your ideal posture!**

**647.484.3345**



Call (647) 484-3345 to schedule your consultation today!

# 3 TIPS FOR BETTER POSTURE



Have you been experiencing back pain that just won't quit? The problem could be that you have poor posture. At PhysioPlus, our physiotherapists 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 sites. When this happens, those areas can become irritated and painful. You may also notice yourself slouching or appearing "stooped over" in the mirror.

The good news is that there are several ways to improve your posture. Here are a few tips!

- 1. Take breaks to get up and move.** 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.
- 2. Maintain a healthy weight.** Extra weight can wreak havoc on your abdominal muscles, cause issues for your pelvis and spine, and create low back pain. All these can affect your posture, so it's important to keep your weight in a healthy range.
- 3. Make your workspace more ergonomic.** Whether you're sitting in front of a computer, cooking dinner, or enjoying a meal, make sure your work surfaces are at a comfortable height for you.

Your body is designed to align perfectly to allow proper movement, breathing, and blood circulation. Learning to find your ideal posture is key to moving and feeling better.

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture habits in one way or another!

## IN-HOME PHYSIOTHERAPY NOW AVAILABLE!



We're now offering in-home physiotherapy treatment for patients that have difficulty making it to our clinic due to mobility or transportation reasons!

In-home physiotherapy can help you with:

- Knee Post-surgical recovery & rehab (knee & hip replacement, spine surgery, shoulder, elbow & knee surgery, heart surgery)
- Muscle & joint injuries / pain
- Arthritis
- Vertigo & Dizziness
- Seniors care (fall prevention, general weakness and deconditioning, imbalance)
- Post-stroke or Concussion rehab
- Fractures
- Injuries sustained in a car accident

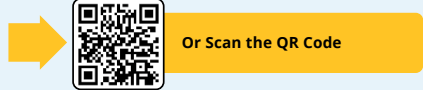
**In-home physiotherapy treatment is covered by insurance plans.**

**Have questions? Contact us for a complimentary 15 minute consultation with a physiotherapist!**

If you would like more information on in-home physiotherapy as it relates to your specific condition, we offer complimentary 15-minute consultations where you can discuss your concerns with one of our therapists prior to your initial physiotherapy assessment.

**BOOK YOUR APPOINTMENT NOW!**

**CALL: (647) 484-3345**



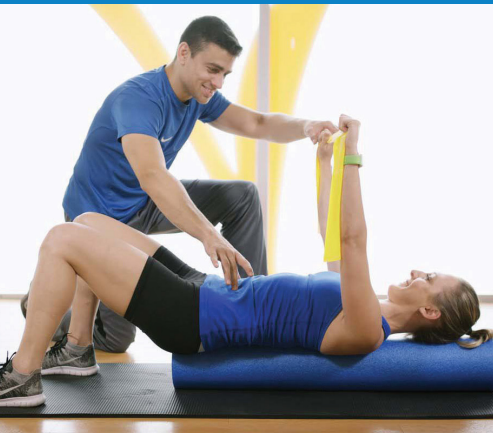
# THE PHYSIOPLUS DIFFERENCE

"Friendly reception staff greet you with a genuine smile and make you feel welcome. I have gone to many places where the staff make you feel like an inconvenience showing up. There is none of that here."



**PATIENT GRADUATION!**  
**CONGRATULATIONS**  
**LINDA!**

## DON'T LET YOUR INSURANCE GO TO WASTE!



Have you been struggling with aches & pains lately? Have you had surgery this year? If you answered YES, now's the time to use your health benefits!

**Let us help you get a headstart in 2024 before your benefits renew again!**

- Physiotherapy
- Chiropractic
- Massage
- Osteopathy
- Orthotics

**Call to book your appointment today!**  
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Visit our website at [www.physioplushealth.com](http://www.physioplushealth.com)

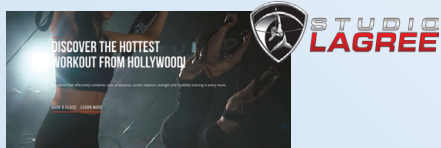


Jen's

## TOP 5 PLACES TO GET A FUN WORKOUT OR SWEAT IN TORONTO

### 1. Studio Lagree

[studiolagree.com/ca/](http://studiolagree.com/ca/)



PURE YOGA



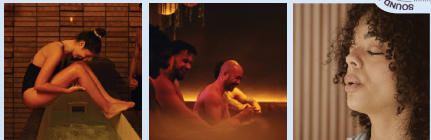
### 2. Pure Yoga Toronto

[pureyogatoronto.com](http://pureyogatoronto.com)

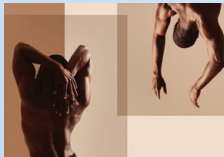


### 3. Othership Sauna, Icebath and Guided Breathwork

[othership.us](http://othership.us)



JAYBIRD



### 4. Jaybird Infrared Pilates and Yoga in the Darke

[jaybirdjaybird.com](http://jaybirdjaybird.com)

### 5. Scullhouse Rowing

[scullhouse.com/booking-pricing/](http://scullhouse.com/booking-pricing/)



SCULLHOUSE  
ROWING