



Physical Therapy

N E W S L E T T E R

You could win a
FREE gift!

See inside for details

STAND CORRECTED!

HOW POSTURE AFFECTS NECK AND BACK PAIN

Posture Pointers

Learn how good posture can
help your pain

Healthy Recipe

Try this deliciously easy
seasonal soup!

Giving Back To You!

See how you can get \$100
worth of gifts from Loop PT!

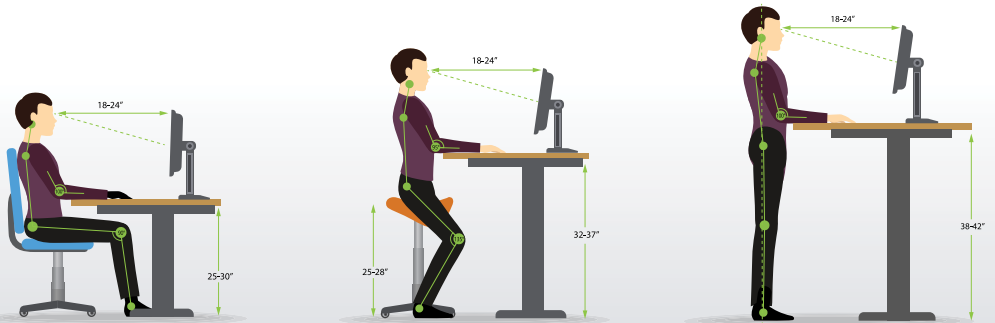


Physical Therapy

NEWSLETTER



HEIGHT-ADJUSTABLE TABLE POSTURES



STAND CORRECTED!

HOW POSTURE AFFECTS NECK AND BACK PAIN

Remember back when your mother used to tell you that if you wouldn't stop hunching your shoulders, they'd 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 isn't likely to be much help. Working with a physical therapist 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 it is true that you can have poor posture for years without feeling the consequences of that slouch 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 worsened at certain times of 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 stretching. That doesn't mean that once you have bad posture you can never correct it.

Working with a physical therapist to improve your posture is a great way to overcome chronic neck and back pain. In physical therapy, 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.

WHAT CAN GOOD POSTURE DO FOR YOU?

Smartphones are ruining our postures and stiffening our necks



0°
10 -12lbs

15°
27lbs

30°
40lbs

45°
49lbs

60°
60lbs

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.

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 physical therapist to learn more about how you can take steps to start improving your posture today.

For more information about relieving back and neck pain, call us at (773) 541-2020 today!

NO REFERRAL? NO PROBLEM!

Save time Save money Improve your health naturally

Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or someone you care about!



LOOP PHYSICAL
THERAPY CENTERS

WHAT PATIENTS ARE SAYING!



"Patient, friendly, and very knowledgeable. If you're experiencing any pain or discomfort as a result of injury, or just in general, don't hesitate to book an appointment. You'll be happy with their treatment, assessment, and overall friendliness." — Michael B.

Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling 773.541.2020!

GIVING BACK TO *You* THIS HOLIDAY SEASON!

Be sure to use your insurance benefits before the end of the year. Schedule your **FREE** 15 minute posture analysis and get a free gift basket worth \$100!

The free Gift basket will include 2-3 of the items listed below.

Baskets will be customized for each patient!

- Coconut oil
- Vitamin D3
- Omega 3
- Black cumin oil
- Mood mix
- Safflower oil
- Ginkgo biloba
- Extra Virgin olive oil



DO YOU KNOW ABOUT TELEHEALTH?

Telehealth is a way for us to provide virtual physical therapy services to patients in their own homes! Telehealth services can be accessed via your smartphone or computer and allow you to meet and chat with your physical therapist about your treatment plan without coming to the clinic.

By providing care virtually, we are able to give extra comfort and protection for clients with higher risks of COVID-19 infection. In addition to allowing for the practice of social distancing, as recommended by the Centers for Disease Control and Prevention, Telehealth also has other benefits for patients, such as quicker screenings and assessments.

To learn more about our Telehealth services, call **773.541.2020** today or visit our website at **LoopPT.com**

HEALTHY RECIPE PUMPKIN SOUP



Ingredients

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

Directions

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.



For additional nutritional information, visit us at **LoopPT.com** or call us today to set up a dietary consultation with our team member, Aysin Yavuz!

Learn more by visiting our website at **LoopPT.com** or schedule your consultation today by calling **773.541.2020!**