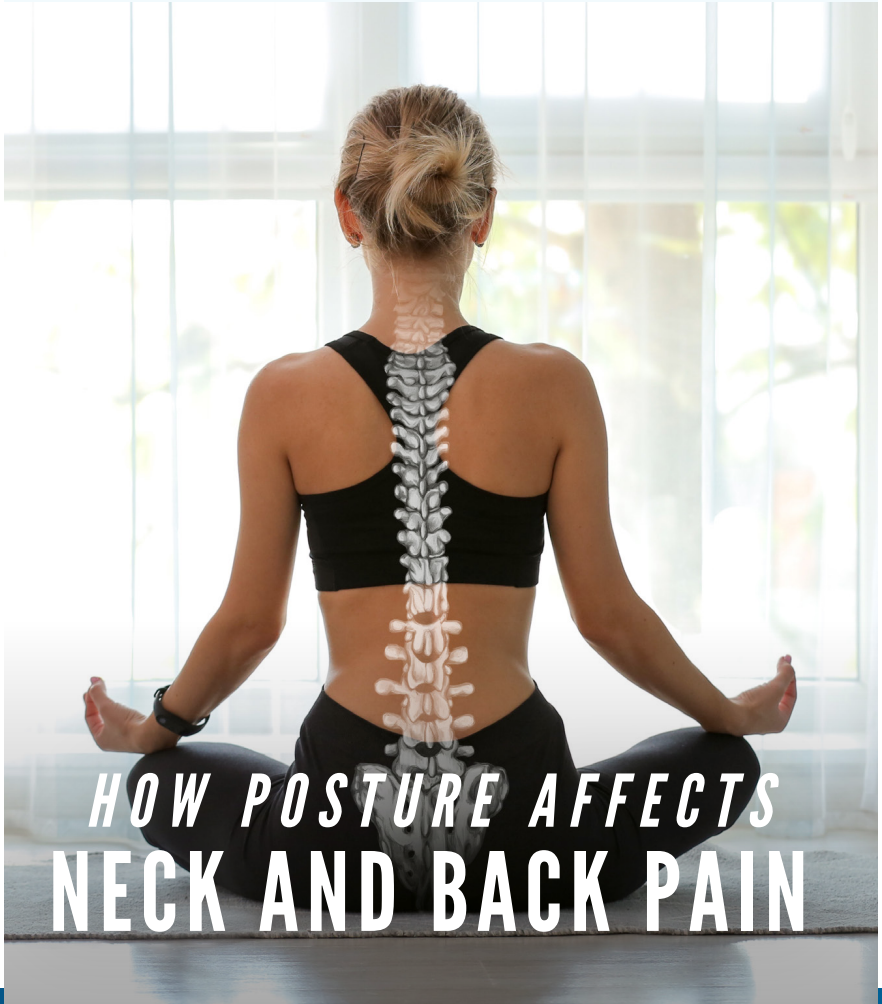




Physical Therapy

NEWSLETTER



HOW POSTURE AFFECTS NECK AND BACK PAIN

Sit Up Straight!
The importance of
good posture

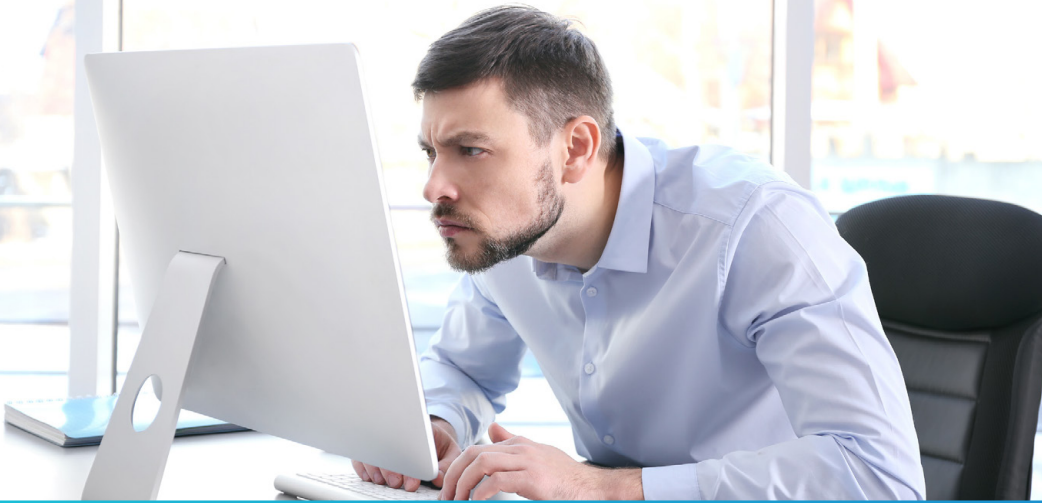
Exercise Essentials
Stay in shape while
staying at home!

Grilling For Pain Relief
Healthy grilling for
Arthritis sufferers



Physical Therapy

NEWSLETTER



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.

THE IMPORTANCE OF GOOD POSTURE



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.

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



For more information about how physical therapy can help your running pain, call us today at 773.541.2020 or visit us at LoopPT.com!

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 a loved one!



WHAT PATIENTS ARE SAYING!

"I have been going to this clinic for lower back pain and the results are stunning very professional staff that wants to know the root of your problem and fix it so you don't have to come back again. I'm very happy with the entire team and they do take my insurance which makes affordable. If you are in pain, give those guys a shot." — Gino C,

"TJ and her staff are the most dedicated, personable physical therapists I've ever seen! Normally I dread therapy but since I've been lucky enough to be introduced to Loop physical therapy I can't get enough! Thanks TJ, Gigi and Ragan!" — Tony L.

"Great facility great people and most importantly they will fix your back pain. Also my shoulder was injured in a car accident and I'm happy to say I've been pain free because of great therapist Hatice." — Emilianna Sarna

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

HEALTHY GRILLING FOR ARTHRITIS SUFFERERS



MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

Don't Miss Out On This Special Offer!

FREE BODY COMPOSITION ANALYSIS

For more information, call us at **773.541.2020** or visit our website at **LoopPT.com**! This offer expires July 31st, 2021.

EXERCISES TO DO AT HOME!



Supine Thoracic Mobilization Foam Roll Horizontal with Arm Stretch

Begin lying with your knees bent and a foam roll positioned horizontally along the middle of your back, hands resting on your stomach. Slowly move your arms out to your sides, then diagonally overhead in a Y shape, then return to the starting position and repeat. Make sure to engage your core, not to arch your low back as you move your arms. Hold for 30 seconds and repeat 3 - 5 times.

Side Plank with External Rotation

Begin lying on your side with your feet stacked and propped on your elbow, holding the ends of a resistance band. Your top arm should be bent to a 90 degree angle. Engage your core and lift your hips off the ground into a side plank position, then rotate your arm so your forearm points up toward the ceiling. Slowly lower your arm back down and repeat. Make sure to keep your core engaged, squeeze your glutes, and keep your elbow bent at a 90 degree angle. Be sure to squeeze under your armpit to not shrug your shoulders. Do not let your hips drop! Hold the side lying plank and do 10 external rotations and repeat twice.



Low Trap Setting at Wall

Begin in a standing upright position facing a wall. Rest both hands on the wall with your palms facing inward, then slide them up the wall in a diagonal direction, then pull your arms down into your armpits. Now, raise your hands a few inches from the wall, activating your shoulder muscles. Bring your arms back down and repeat. Make sure to keep your back straight and core engaged. Do not shrug your shoulders! Perform with 5 seconds hold, repeat 20 times.

HEALTHY RECIPE MANGO PROTEIN SMOOTHIE



Ingredients

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

Directions

Blend mango, yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!



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!**



LOOP PHYSICAL THERAPY CENTERS

Call Us! 773.541.2020 • Visit Us! LoopPT.com

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19 S LASALLE ST UNIT 503
CHICAGO, IL 60603

WEST LOOP LOCATION

16 N PEORIA ST
CHICAGO, IL 60607

EDGEWATER LOCATION

5315 N SHERIDAN RD
CHICAGO, IL 60640



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