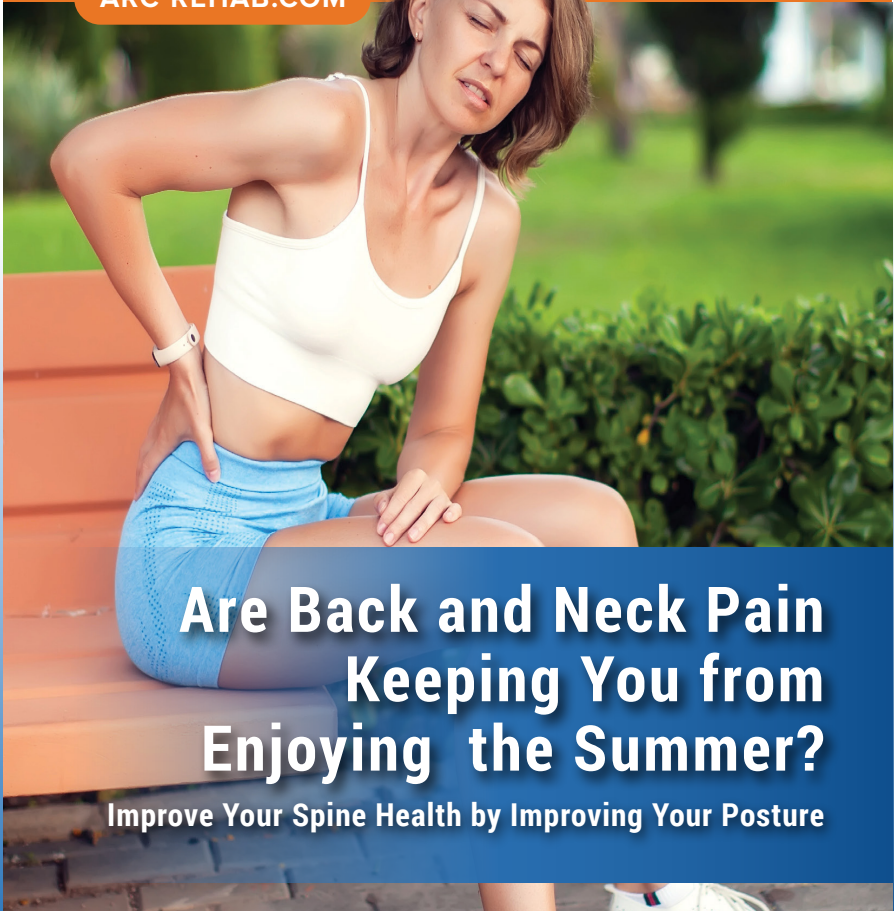


ARC-REHAB.COM



Are Back and Neck Pain Keeping You from Enjoying the Summer?

Improve Your Spine Health by Improving Your Posture

INSIDE:

- Come Back to PT
- Trivia Challenge — ENTER AND WIN!
- What You Can Do to Improve Your Posture
- Patient Spotlight

ARC-REHAB.COM | (630) 323-8646



*Are Back and Neck
Pain Keeping You
from Enjoying
the Summer?*

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 ARC 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, ARC 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!



CALL US TODAY!
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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:

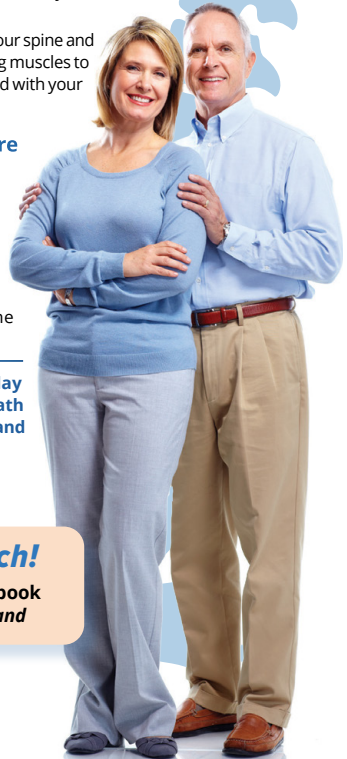
- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

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 ARC 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!



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MONTHLY

TRIVIA

ENTER
AND WIN!

CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. MTV network debuted on August 1, 1981 playing The Buggles' "Video Killed the Radio Star." What Pat Benatar video was played next?
2. In what year was the first United States Census conducted. There were 3,929,214 people counted that year.
3. On August 2, 1870, the first underground railway opened in what city?
4. In what year did Wilbur Wright make his first public flight at a racecourse at Le Mans, France?
5. Who made her cartoon debut in Dizzy Dishes on August 9, 1930?
6. With a home run at League Park in Cleveland, Ohio, who became the first baseball player to hit 500 home runs in his career?
7. In 1893, which country became the first to introduce motor vehicle registration?
8. Considered the first major rock concert, who played at Shea Stadium in New York on August 15, 1965. There were only a few hundred watts of sound for the band, who did not have monitors to hear each other and could not be heard over the screaming of 60,000 fans?

PATIENT SPOTLIGHT



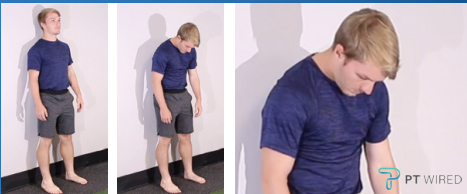
"I have done many rounds of PT in my years, and I have always thought I was in good hands. But ARC devotes your entire session to you. The one on one experience with a highly knowledgeable compassionate therapist cannot be beat. I cannot recommend enough."

- Actual 5 star Google review.

EXERCISE OF THE MONTH

POSTURE AGAINST WALL

Start by standing with your back against a wall. Make sure only your butt, upper back, and head are touching the wall. Lower your chin and slightly round your upper back and shoulders and hold for 30 seconds. Bring your head back up to the wall and straighten out your upper back and shoulders and repeat.



Check out our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



CALL ARC TODAY!

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