

**DON'T MISS OUT
ON OUR MONTHLY
WORKSHOPS!**

Details Inside!

WHY DO I HAVE POOR POSTURE? AND HOW CAN I FIX IT?

Have you ever thought about how do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day leave you hunched over and ready to leave?

(Read more inside...)

optimumphysiotherapies.com

INSIDE

CHECK YOUR POSTURE

TOP 6 MOVEMENT BREAKS
TO WORK PAIN FREE

EXERCISE ESSENTIALS

SONIA'S CORNER

**CHECK OUT DR. MARK
DEANDA'S YOUTUBE
VIDEO: THE TOP 6
MOVEMENT BREAKS TO
WORK PAIN FREE**
DETAILS INSIDE!



WHY DO I HAVE POOR POSTURE? AND HOW CAN I FIX IT?

INSIDE:

- *Check Your Posture*
- *Sonia's Corner*

- *Top 6 Movement Breaks
To Work Pain Free*

If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of physical therapy. Contact Optimum Physio today to learn more about how we can improve your posture and lead a pain-free, active life!

HOW DID MY POSTURE BECOME POOR?

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

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture

changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

BUT I EXERCISE – SHOULDN'T THIS HELP?

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

(Continued on the next page.)

Find out for yourself why physical therapy is one of the most effective ways to address your posture issues and corresponding back pain, so you can start on the road to recovery.

If you are looking for a healthier, stronger, and more active lifestyle, contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!
optimumphysiotherapies.com

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WHAT CAN PHYSICAL THERAPY DO FOR ME?

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

At your initial evaluation, your physical therapist will perform functional testing in order 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. In fact, in a study published by the National Institutes of Health, exercise for postural improvement was proven to be successful, both in enhancing posture and improving pain among patients.

Titled, "Effect of an exercise program for posture correction on musculoskeletal pain," this study followed 88 patients through their exercise program. By simply incorporating 20 exercise sessions into their daily schedule 3 times a week for 8 weeks,

these patients reported "lower [pain levels] after the exercise program than before the program, and significant differences in pain levels were noted in the shoulders, middle back, and lower back." Results also concluded significant improvement in posture, especially during sedentary work.

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

HOW CAN I GET STARTED?

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

Find out for yourself why physical therapy is one of the most effective ways to address your posture issues and corresponding back pain, so you can start on the road to recovery. Contact our office today to schedule a consultation, and figure out how physical therapy can help make you "posture perfect!"

CHECK YOUR POSTURE

Contact Optimum Physio and see how our Physical Therapists can help you stay standing tall and relieve your back pain. In the mean time, here are some common activities and the correct posture you should strive for.



OPTIMUMPHYSIO
THERAPIES

CALL OR TEXT
(210) 314-6725
TO SCHEDULE YOUR
APPOINTMENT TODAY!



TOP 6 MOVEMENT BREAKS TO WORK PAIN FREE



Join Dr. Mark DeAnda as he goes over his top 6 movements that will help you work pain free if you are at a desk all day.



Scan this QR Code to watch this video on YouTube.

A Reminder To... **USE IT** OR **LOSE IT**

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again! Go online or call today to schedule your appointment!

EXERCISE ESSENTIALS

CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your buttocks. Tilt your hips forward towards the ground slightly. Lift your knees apart (like a clam opening). Repeat 8 to 10 times per leg.



IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

PATIENT SUCCESS STORY!

"Optimum Physio is a friendly, comfortable place with very alert and positive staff that make your program easy to complete. I came to the clinic with balance, posture, as well as back problems and have improved markedly with experiences provided for my particular condition. I strongly recommend Optimum Physio to anyone in need of therapy" - Ybarra



SONIA'S CORNER

GARLIC PORTABELLA CHICKEN WITH ASPARAGUS & SPINACH

INGREDIENTS:

- 1/2 chicken breast, cut into bite sized pieces — or eliminate chicken and use whole portabella mushroom top (vegan option)
- 1/3 portabella mushroom, chopped
- Handful baby spinach
- 1 Tbsp. garlic, minced
- Half bunch asparagus (6-8 stalks), steamed
- Dash each of sea salt, oregano & pepper

INSTRUCTIONS: Coat medium pan with grapeseed oil and put on low-medium heat. Add portabella mushroom and garlic to pan. Once mushrooms brown, add handful of spinach leaves and saute until spinach shrinks into mushroom mixture. Add asparagus. In separate pan, sprinkle chicken with spices and saute in grapeseed oil. Once cooked, add chicken to the mushroom pan. lightly stir mixture. Let cook together for 5 minutes, then plate!



Courtesy of Sonia



WE'RE HIRING

THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**