



NEWSLETTER

SE HABLA ESPAÑOL



STAND UP TO NECK AND BACK PAIN

WITH BETTER
POSTURE

INSIDE
PATIENT SUCCESS STORY
USE IT OR LOSE IT — YOUR
PT VISIT MAY BE FREE
SONIA'S CORNER
OptimumPhysiotherapies.com

OUR PHYSICAL THERAPISTS CAN
HELP IDENTIFY THE CAUSE OF
YOUR NECK AND BACK PAIN AND
THE STEPS NEEDED TO RESOLVE IT!

STAND UP TO NECK AND BACK PAIN

WITH BETTER POSTURE



INSIDE:

• *Use It or Lose It: Find Out If Your Visits
Could Be Fully Covered*

• *Sonia's Corner*

• *Patient Success Story*

Have you noticed your back and neck seem more sore and stiff at the end of a long day? Poor posture is likely the source of that soreness.

The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once your body gets used to poor posture, it becomes more challenging than simply squaring your shoulders or pinching your shoulder blades together.

The good news is that with guidance from Optimum Physio Therapies physical therapists, you train the muscles in your back and neck to correct your posture and bring relief to your neck and back pain. Call today to make an appointment!

WHAT IS GOOD POSTURE?

Posture refers to the position(s) of a person's body in space. Through the alignment of spine joints in relation to one another, we can move more freely and perform daily activities comfortably.

The awareness of the positions we hold our body in is based on our nervous system's feedback and depends on the activities we do. This feedback helps us find and keep the alignment of the spinal joints over one another. Postural control refers to building up posture against gravity and ensuring that balance is maintained.

There are specific 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 the end of a shift or the end of a workday.
- The pain frequently starts in your neck and moves into your upper and lower back.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain develops soon after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

Continued inside

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Want to avoid surgery after your injury? We can help! Contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

STAND UP TO NECK AND BACK PAIN WITH BETTER POSTURE

Continued from the previous page.

After years of practicing poor postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a straight posture to be challenging. This struggle is because your muscles and nervous system have grown accustomed to the slouching postures.

Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

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. At Optimum Physio Therapies, our physical therapist will guide you 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.

Education

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore back and neck. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It seems small, but consistently it has been shown to help!

Advice To Stay Active

We know that prolonged postures often lead to pain. Your physical therapist can help you identify modifications to your posture to ensure you are changing your position frequently.

Exercise Therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes spine mobility exercises, "proper" postural exercises, or strength exercises.

The McKenzie Method is an effective technique in identifying movements and positions to provide you with relief and is often used for home exercises. One of the most effective tools in the McKenzie method is lumbar rolls to ensure proper sitting posture.

WHAT YOU CAN EXPECT IN PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. According to research on back and neck pain, physical therapy treatments effectively improve your posture and improve your pain levels.

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.

Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

CONTACT US FOR AN APPOINTMENT

Addressing your posture early on is the best way to prevent an issue from becoming more debilitating. Contact Optimum Physio Therapies today to learn more about how you can take steps to start improving your posture today.

Sources: www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/, www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/, www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/, <https://pubmed.ncbi.nlm.nih.gov/31789300/>

WORKSHOPS

Optimum Physio Therapies offers **FREE** workshops to help keep you informed and feeling better. Check out our Workshops page at optimumphysiotherapies.com/workshop/ or just scan the QR code for more information on upcoming workshops.



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CHECKOUT THESE HELPFUL VIDEOS

They cover movements and stretches in the workplace that help with neck and back pain with good posture.



Scan the QR code to watch the videos.

TOP 6 MOVEMENT BREAKS TO WORK PAIN FREE

TOP SHOULDER MOVEMENTS TO DO IN THE WORKPLACE.

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 2023, before your deductible renews again! **CALL OR VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!**

SONIA'S CORNER

CHICKEN TORTILLA SOUP

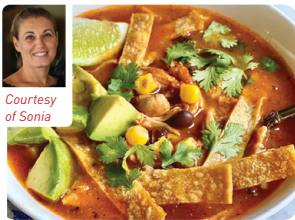
INGREDIENTS

- 2 Tablespoons butter
- 1 small yellow onion, diced
- 1 jalapeno pepper, diced
- 3 cloves garlic, diced
- 1 Tablespoon tomato paste
- 1 15 oz. can corn, drained
- 1 10 oz. can Rotel diced tomatoes with green chilies, undrained
- 1 15 oz. can black beans, drained and rinsed
- 5 cups chicken broth
- 2 small boneless skinless chicken breasts, or 2 cups shredded chicken

DIRECTIONS: Heat 2 Tbsp. butter over medium heat and add the diced onions and peppers. Sauté for 4 minutes, then add the garlic and cook for 1 more minute. Add all remaining ingredients EXCEPT for the cheddar cheese, cream cheese, and garnish ingredients. I also recommend starting with 2 Tbsp. of Taco Seasoning and add more to taste toward the end if preferred. [I end up using all of it.] Let the soup gradually come to a gentle bubble, partially covered. If the chicken boils rapidly, it becomes tough. Cooking it slowly keeps it nice and juicy. Remove the chicken after 20-25 minutes, once cooked through. [Timing depends on the thickness of the chicken.] Use 2 forks to shred, then return to the soup. Reduce heat to low and gradually sprinkle in the shredded cheese and softened cream cheese. Add crispy tortilla strips, stir until smooth and creamy. Taste and add any additional seasonings as needed. Garnish and serve!



Courtesy of Sonia



- 1 pinch Cayenne Pepper
- 1 teaspoon cumin
- 1-2 teaspoons hot sauce
- 1 oz. packet taco seasoning, equal to 3 Tbsp.
- 1 ½ cups cheddar cheese, shredded
- 1/3 cup cream cheese, softened
- Crispy tortilla strips

PATIENT SUCCESS STORY!



"Optimum has been an amazing experience for my first time of Physical Therapy. Everyone there has been not only professional but friendly as well. They worked with my scheduling when I got sick with Covid after the first week I started and have been helpful with any other scheduling. I've gotten a lot of pain relief from since I started to now and have learned a lot to help with relief at home. They've been very positive from the start about my recovery which is comforting when going in I didn't feel great about my physical therapy issues. Thank you to everyone a Optimum Physio!" — Brandon M.



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!



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!**

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