

## HOW PHYSICAL THERAPY CAN



## HELP YOUR POSTURE

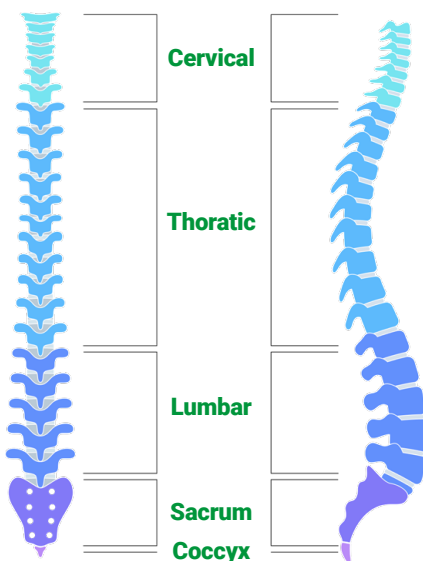
**Do you catch yourself slouching throughout the day? Do you notice your spine gets sore those last couple hours of the school or workday? If you are experiencing aches and pains, especially in your neck or back, your poor posture may be to blame.**

Most of us spend our day staring at a computer screen, riding in our car, or looking down at our phones. These slouched postures with our heads tilted forward or looking down cause stress to the muscles and joints of the neck and back.

The worse your posture is, the more intense your back and neck pain can become. Fortunately, your posture can improve with the help of physical therapy. Call H2Orthopedic today to learn more about how you can improve your posture and lead a pain-free, active life!

### What are the Natural Curves of Your Spine?

Our spines are made up of four natural curves: the cervical, thoracic, lumbar, and sacral. When the spine is in its natural position, the vertebrae stack up over one another, and we call this "good posture" or sometimes "neutral spine."



These natural curves, along with the intervertebral discs, absorb and distribute stresses from everyday activities such as sitting, standing, walking, or more intense activities such as running and jumping.

When you slouch, the spine in your neck and lower back becomes straighter, while the upper back becomes excessively rounded. This produces a forward-head posture, humped upper back and flattened lower back.

Ideally, our postures will change depending on our activities. Unfortunately, we often sink into poor postural habits and lose the natural stacked position our spines were designed to have.

### What are the Most Common Problems with Bad Posture?

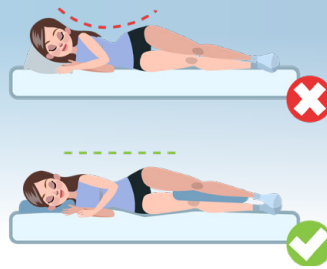
Very few people have perfect posture. We become so wrapped up in whatever tasks

*Continued Inside.*

**Make your health a priority by returning to H2Orthopedic!**  
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**give us a call at 949-997-3107 or visit [H2Orthopedicpt.com](http://H2Orthopedicpt.com).**

**Call to schedule your in-clinic or teletherapy appointment today!**

# HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE



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we are doing that we forget to think about how we are holding our bodies. Most people ignore their posture until they begin to notice aches and pains.

Improper posture isn't due to laziness but is generally due to bad habits, or at times, a physical weakness within our bodies. We slouch and slump when we get distracted or due to the design of our comfy couches and chairs. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Over time the sustained postures will affect the muscles needed to keep you upright and functioning at your best. Your body is designed to align perfectly to allow for proper movement of your muscles joints. When your spine is not stacked in the natural posture, it can affect breathing, digestion, and blood circulation.

If poor posture continues, it often leads to chronic conditions like back and neck pain. Poor postural habits can also affect your shoulders, especially reaching overhead. In more severe cases, the slouched posture can affect how you walk and negatively affect your balance.

## What to Expect in Physical Therapy

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.

Here are a few steps you can take to have an immediate impact:

**Limit How Long You Sit** — Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time.

**Find Your Natural Posture** — The spine does not like to remain in any one position for extended times. By finding your natural posture, you can counteract the slouching you do throughout the day. Start by lifting your breast bone (i.e., sternum) towards the sky. This will naturally cause your spine to straighten out which will lift you into your natural posture.

**Start Strength Training** — Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Train the muscles of your hips, pelvis, and spine — your core muscles — to help your posture.

Physical therapists are movement experts, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

## Contact us for an appointment

As part of your physical therapy treatment, we can teach you to find your natural posture to protect your body from future injuries and make sure you stay healthy!

*Contact H2Orthopedic today  
to learn more about how we  
can help you live pain-free!*

**REQUEST AN APPOINTMENT**



949.997.3107





## SUCCESS STORIES

*Our Patients Are Seeing Results!*

**"What an amazing place and employees, especially Wyatt, who takes the time to find out what your needs are! I had back surgery and he became my physical therapist and nursed me back to where I could function again. He stays with you the entire appointment and never leaves your side, something I had never experienced going to other places. Now that my back is good I just had knee surgery and back I go! I highly recommend H2O to anyone!" –Bart T.**



**We Want To Hear Your Success Story!**

You could inspire someone else by sharing your success. Just click below to visit our review page.

**Share Your PT Success Story**

## AT-HOME EXERCISE

### Clamshell Bridge (Exercise Band)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly.



PT WIRED

## ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE AND POMEGRANATE



### INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

**DIRECTIONS:** Preheat oven to 400 degrees. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>

## A New Year, A New You!

**Are You Ready To Get Stronger, Faster, and Healthier in 2024!**



**REQUEST AN APPOINTMENT**



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