Anatomy Physiotherapy Clinic

N E W S L E T T E R



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Improve Your Health By Strengthening Your Core!

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body.

Contact Anatomy Physiotherapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What exactly are the core muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

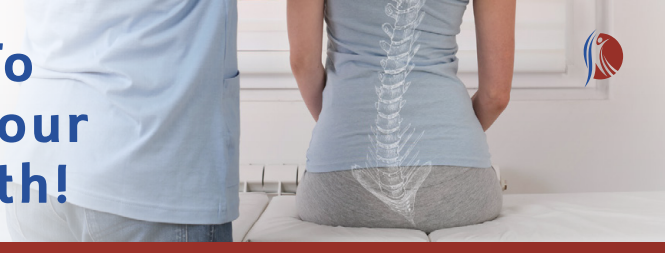
The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

How can I strengthen my core muscles?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Anatomy Physiotherapy, our licensed physiotherapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

5 Methods To Improving Your Core Strength!



There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

1. **Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. **Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.

3. **Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

4. **Eating nutritious meals.** If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

5. **Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Anatomy Physiotherapy our physiotherapists are here to help you improve your function and relieve your pain.

If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

Treatment Spotlight - *Acupuncture*

Acupuncture is one of the oldest forms of physiotherapy and massage therapy, and it is still widely practiced today. Once a form of Eastern medicine that was unique to physicians who specialized in Asian medicinal practices, acupuncture has grown greatly in popularity, especially over the past century, and has been recognized within Western medical research as being a highly effective tool for supporting injury recovery, mobility issues, and in treating chronic pain.

One highly effective use for acupuncture is the treatment of muscle tension. There are many reasons as to why muscle tension may become a personal health issue. In some situations, muscle tension will develop after extreme bouts of emotional stress, but other causes are more physical in nature. A sports injury or a car accident can cause a muscle to become tense, especially following a larger injury. Other times, repeated motions can cause muscle tension to develop. This includes regular lifting, typing, and other household tasks.

While an especially common complaint in the lower back and neck, muscle tension can develop anywhere. Too many people attempt to turn to medicinal pain management to ease tension in the muscles, but this is not a long-term solution, and many pain management medications have unpleasant side effects that make taking them long-term unwise or even impossible.

CALL ANATOMY PHYSIOTHERAPY TODAY TO FIND OUT HOW ACUPUNCTURE COULD HELP YOU!

ST. LAURENT 613-680-4477 **ORLEANS** 613-424-4488

COVID-19 Precautions

Anatomy Physiotherapy is focused on keeping our equipment and facilities clean for you, **as well as wearing masks and face shields**. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



DO NOT TOUCH MUCOUS



KEEP YOUR DISTANCE FROM THOSE INFECTED



Quinoa Stuffed Peppers

Healthy Recipe

Ingredients

- 6 bell peppers, medium
- 1 15 ounce can black beans
- 1 cup corn, frozen
- 2 garlic cloves
- 1 onion, small
- 1 15 ounce can tomatoes
- 2 cups vegetable broth
- 1 cup quinoa
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp paprika
- 1 tsp cumin
- 1 tbsp olive oil
- 1 cup monterey jack cheese

Instructions

Place the quinoa and vegetable broth in a medium saucepan. Bring the mixture to a boil over medium-high heat. Lower heat to a simmer, cover the saucepan with a lid and cook covered until all the liquid is absorbed, 15 min. Allow the quinoa to rest for about 5 min., without opening the lid, then fluff with a fork. Preheat oven to 375°F, and prepare the peppers by cutting them in half lengthwise and removing the seeds and membrane. Place the peppers in a baking dish cut side up, and pour water around the peppers — just enough to cover the bottom of the pan. Heat olive oil in a large nonstick skillet. Add onions and saute until they start to soften, about 2-3 min. Add the garlic and cook until fragrant, 1 more min. Stir in the cooked quinoa, diced tomatoes, black beans and corn. Season with cumin, paprika, salt and pepper. Reduce heat to low and cook for additional 5 min., stirring frequently. Carefully spoon the mixture into the sliced peppers and sprinkle the cheese on top. Bake uncovered until the cheese is melted.

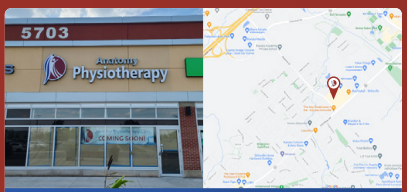
Exercise Essentials

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



New Location!



5703 Hazeldean Road, Unit 3
Stittsville, ON, K2S 0P6

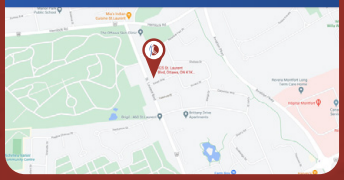
TEL: 613-836-5844
FAX: 613-836-5801

www.anatomyphysioclinic.com

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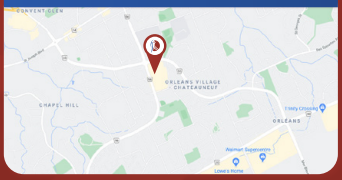
425 St. Laurent Blvd.
Ottawa, ON, K1K 2Z8

TEL: 613-680-4477
FAX: 613-680-5577



1615 Orleans Blvd. Suite 105
Ottawa, ON, K1C 7E2

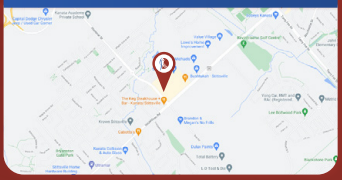
TEL: 613-424-4488
FAX: 613-424-4499



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FAX: 613-836-5801



Call us to schedule an appointment today!

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