Anatomy Physiotherapy Clinic

NEWSLETTER



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Avoid Back Pain by Improving Your Spine Health!

Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances. The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact Anatomy Physio Clinic today to find out how.

You may be wondering, "What does this mean? How can I tell if my spine is healthy?" When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in your body is directly connected to the health of your spine.

This is why spine health is so important. If you are living with back pain, you know how limiting it can be. In order to make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves.
- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.

How can I improve the health of my spine?

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function.

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

6 Ways To Improve The Health Of Your Spine

Here are 6 ways to make sure you are doing everything you can to improve the health of your spine:

1. **Practice proper nutrition**. Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.
2. **Get some sleep.** Throughout the day, your spine is compressed with standing, sitting, and bending. Did you know that it is actually possible to lose about ½ an inch over the course of a day?

   Adequate rest in a good position while sleeping helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up, as this allows the discs in your spine to rehydrate. Afterwards, continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.
3. **Give up cigarettes.** Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.
4. **Work on the flexibility and strength of your spine.** Your body is meant to move – this is the most important purpose of the spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work.

   Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allows you to move without stressing the discs or nerves in your back.
5. **Maintain proper posture and balance**. If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting.

   Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.
6. **Go to a physiotherapist for spine check-ups.** Your physiotherapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At Anatomy Physiotherapy, our physiotherapists are experts in the field of spine health who can help your back operate as it should.

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact Anatomy Physiotherapy today. By catching back pain early, we can resolve the issue so it doesn't progress. Don't live with the limits of back pain – improve your spine health with us today!.



Treatment Spotlight - *Spinal Mobilization*

Do your joints hurt? Is your back causing you trouble? Has your pain become unbearable? If so, you may benefit from spinal mobilization.

Spinal mobilization helps relieve pressure on joints, reduce inflammation, and improve nerve function. It is a gentle, hands-on form of manual therapy that focuses on evaluating and enhancing spinal function.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move.

Therefore, even pain that may seem unrelated to spinal function could be effectively relieved through spinal mobilization treatments.

Are you wondering if spinal mobilization is right for you? If so, request an appointment at Anatomy Physiotherapy Clinic today to learn about our wide range of physiotherapy and massage therapy services we offer.

CALL ANATOMY PHYSIOTHERAPY TODAY TO FIND OUT HOW SPINAL MOBILIZATION 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



Staff Spotlight

Jessica Thompson, Registered Physiotherapist Co-Owner — Stittsville

Jessica became a physiotherapist to work with people. It's the part of her profession that she loves the most. Meeting new people, building relationships, and helping others work toward their personal goals is her passion. Whether it's pain management, injury rehabilitation, or strength/fitness goals, Jessica enjoys working with you as an individual and tailoring treatment to what you would like to achieve. Since 2013, Jessica has worked in an outpatient orthopedic clinic setting where she has honed her manual therapy and exercise prescription skills. She feels providing a combination of education to her clients, manual therapy and rehabilitative exercises is crucial for your best recovery.

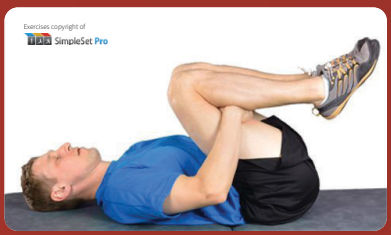
Jessica graduated from the University of Western Ontario in 2013 with a Master in Physical Therapy. Prior, Jessica studied Physical Education at Brock University where she spent her 4 years working with the Athletic Therapy staff as a student therapist. This experience drove her to pursue Physiotherapy as a profession. Clinically, Jessica has trained in Orthopedic Manual Therapy (level 3), Functional Dry Needling, Soft Tissue Release, and advanced shoulder rehabilitation. In 2021, Jessica jumped into clinic ownership and opened Anatomy Physiotherapy Clinic Hazeldean location to better serve her community.

In her personal life Jessica enjoys spending time with her family and friends, being social and active!

Exercise Essentials

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down. This is a good stretch for your lower back.



NOW ACCEPTING NEW PATIENTS AT OUR NEW STITTSVILLE LOCATION!



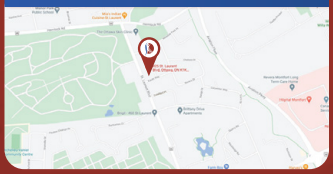
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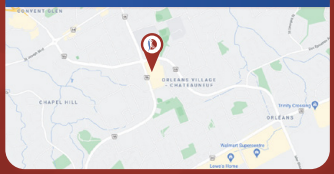
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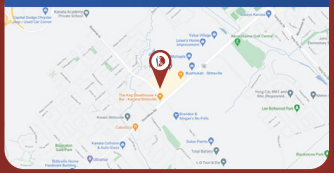
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