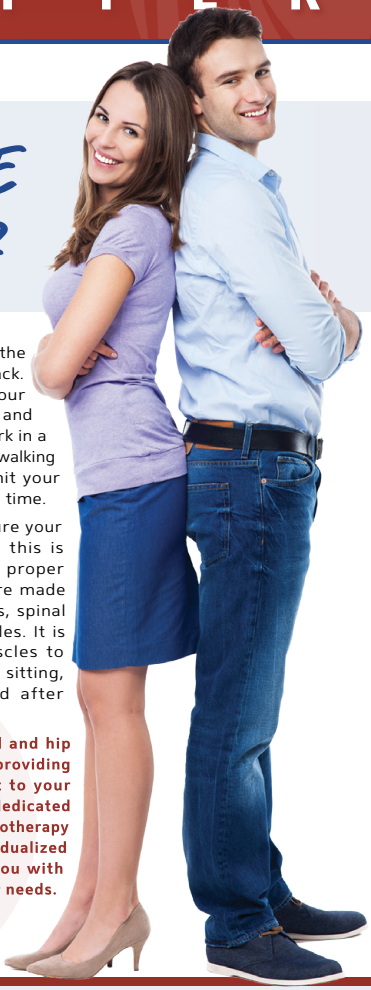
Anatomy Physiotherapy Clinic

NEWSLETTER

IS YOUR POOR POSTURE HURTING YOUR SPINE?



Your body was made to move, especially your spine. It is common for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful. A common reason why this happens is due to poor posture.

Posture plays a large role in our everyday lives. How you sit, stand, stretch, and lift all play a role in the pressures on your spine. Fortunately, Anatomy Physiotherapy can help ease some of this physical stress. Specialized hands-on techniques and exercises can help restore the flexibility in your spine and improve your posture. Our dedicated physiotherapists can also provide you with helpful lifestyle changes for improving your posture and spine health. Contact our office today to learn more!

What Can I Do To Improve My Posture?

When standing, walking, and sitting, imagine a string pulling you up through the top of your head. This brings your neck, shoulders and back into better alignment.

Sitting is the position that puts the most pressure on the lower back. It is important to break up your sitting time throughout the day and take frequent breaks. Try to work in a standing position or do different walking tasks throughout the day. Limit your sitting to about 30 minutes at a time.

It is also important to make sure your core muscles are strong, as this is an integral part of practicing proper posture. Your core muscles are made up of your abdominal muscles, spinal muscles, and pelvic/hip muscles. It is very common for these muscles to become weak with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strengthening your abdominal and hip muscles can go a long way to providing the necessary muscle support to your spine. Consult with one of our dedicated team members at Anatomy Physiotherapy today to discuss how our individualized treatment plans can provide you with the best core exercises for your needs.

See Inside

- *How will physiotherapy Help With My Spine Health?*
- *Exercise Essentials*
- *5 Simple Tips For Shoveling Snow*
- *And More!*

St. Laurent Blvd. — 613-680-4477
Orleans Blvd. — 613-424-4488
Stittsville — 613-836-5844

www.anatomyphysioclinic.com

HOW WILL PHYSIOTHERAPY HELP WITH MY SPINE HEALTH?

Most spine pain comes from the following 4 trouble areas:

1. Poor posture and alignment.

2. Lack of knowledge on how to bend, lift, sit, sleep.

3. Lack of muscle strength.

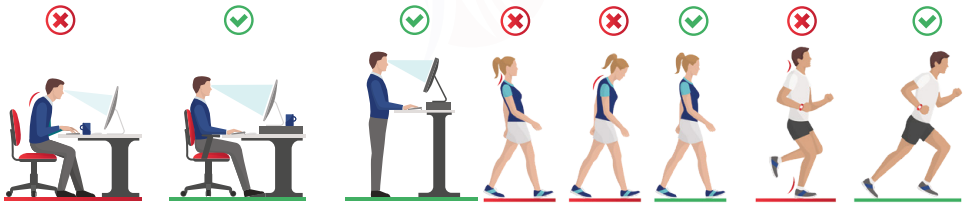
4. Poor flexibility and muscle coordination.

By improving posture and core strength, you can relieve some of these troublesome causes. There are a couple key ways that improving posture with your physiotherapist can help promote spine health:

1. **It encourages strength and flexibility.** If you have struggled with poor posture for a while, there is a good chance that it will be difficult to maintain proper posture in the beginning. It may take some time in physiotherapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physiotherapist to achieve your physical goals will lead to greater overall fitness. The stronger and more flexible you get, the less likely you are to suffer from back pain on a regular basis.
2. **It improves function for all activities.** When we think of posture, many of us picture an image of static positions — such as sitting at a desk or standing up straight. However, proper posture can be (and should be) incorporated into everything we do.

   Through physiotherapy treatments, your physiotherapist will guide you on how to maintain proper posture during all of your favourite activities, such as walking, running, and playing sports. The improved posture you adopt in each activity will lessen the wear and tear you put on your spine, which minimizes the risk of developing back pain from these activities.
3. **It avoids harmful anatomical changes.** The ways in which you use your spine can actually cause changes to your anatomy. The stress caused by sitting hunched can eventually lead to damage of your muscles, joints, spinal discs, and the nerves and blood vessels that travel through your spine. Fortunately, in many cases the damage can be reversed, if you engage in targeted physiotherapy treatments and learn how to maintain proper posture.

Physiotherapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physiotherapist. Contact Anatomy Physiotherapy today to get started on the path toward better posture and decreased pain! We'll help you achieve the strong spine health you need.





5 SIMPLE TIPS FOR SHOVELING SNOW

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

1. **Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
2. **Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
3. **Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
4. **Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
5. **Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

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

HEALTHY RECIPE

Roasted Honeynut Squash



INGREDIENTS:

- 2 medium honeynut squash, halved lengthwise and seeded
- 4 teaspoons butter
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon ground cinnamon
- 4 teaspoons pure maple syrup (Optional)

DIRECTIONS: Preheat oven to 425 degrees F. Arrange squash halves cut-side up on a baking sheet. Place 1 teaspoon butter in each cavity. Sprinkle with salt, pepper and cinnamon. Roast until tender, 25 to 30 minutes. Drizzle with maple syrup, if desired.

https://www.eatingwell.com/recipe/268480/roasted-honeynut-squash/

Exercise Essentials

STANDING HIP ABDUCTION

Lift one leg out to the side using your side-buttox muscles. Return to the start position with control. Keep your hips level and your back straight! Keep your toes pointed forwards. Repeat each side.



You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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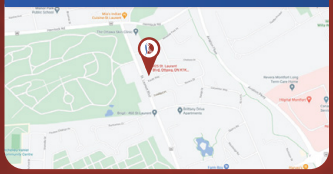
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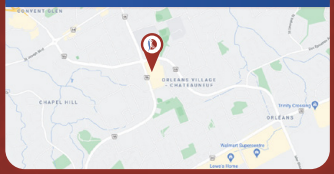
425 St. Laurent Blvd.
Ottawa, ON, K1K 2Z8

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



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

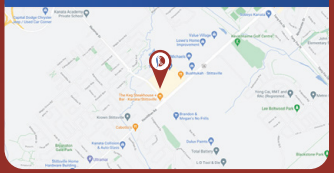
TEL: 613-424-4488
FAX: 613-424-4499



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

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



Call us to schedule an appointment today!

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