Anatomy Physiotherapy Clinic
NEWSLETTER

HOW TO FIX POOR POSTURE



Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? Poor posture is probably to blame if you are experiencing aches and pains, especially in your neck or back.

We spend far too much time staring at screens, hunched over at our desks, or staring at our phones. A stressed spine results in poor posture, which leads to back and neck pain that disrupts your daily routine.

At Anatomy Physiotherapy Clinic, our team of physical therapists can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so your spine gets more irritated and painful when you get stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

What Is Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture habits in one way or another. It is easy to become wrapped up in our tasks and forget to pay attention to how our bodies are positioned.

Posture is defined as, "the alignment and positioning of the body in relation to gravity, the center of mass, or base of support." Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

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See Inside

- *Exercise Essentials*
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- *Healthy Recipe*
- *And More!*

ANATOMY PHYSIOTHERAPY CAN GET YOU BACK TO YOUR PEAK LEVEL OF PHYSICAL HEALTH.

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HOW TO FIX POOR POSTURE

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Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

What Is Good Posture?

To maintain good posture, one must train their body to stand, walk, sit, lay down, reach and lift in a manner that minimizes strain on muscles and joints.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

What To Expect From Your Physiotherapy Sessions

Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, 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.

At your initial evaluation, your physical therapist will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

Call today to schedule an appointment

If you are experiencing back pain, your posture may be to blame. Fortunately, Anatomy Physiotherapy Clinic is ready to help you begin your journey toward long-lasting pain relief.

Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!





HEALTHY RECIPE: Avocado-Egg Toast

Ingredients

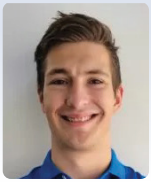
- ¼ avocado
- ¼ teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

Directions Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: https://www.eatingwell.com/recipe/267169/avocado-egg-toast/

A great Valentine's Day breakfast treat to share with that someone special!

STAFF SPOTLIGHT



Ben Grundmanis,
Registered Kinesiologist

Ben was pulled to become a kinesiologist through his two main passions: His interest in human movement and his love of helping people discover the best sides of themselves.

An Honours kinesiology graduate from the University of Victoria in 2022, Ben recently moved to Ottawa to apply the research-heavy focus of western-Canadian kinesiology. From training varsity athletes, to conducting research with Olympians, to working with neural degenerative patients, his unique background is especially well-suited to help two types of people. The first type of person that would benefit from seeing Ben is an active population currently recovering from an injury, or experiencing chronic pain during exercise. The second is for those living with degenerative conditions seeking to improve and maintain their lifestyle and to preserve the integrity and autonomy of daily function.

Outside of the workplace, Ben finds enjoyment in high octane environments. From playing professional beach volleyball on the West Coast of Canada to rock-climbing on the mountain faces of the Yukon. To complement living on the edge, Ben is usually reading, cross-country skiing, playing the ukulele, or baking bread.



PATIENT SUCCESS SPOTLIGHT

"If I am in Ottawa again, and need physio, I will definitely be back"

"Alberto helped me recover from an elbow injury recently while I was visiting out of town. He was very knowledgeable, kind, patient, and able to complete treatment within a short timeframe so I could return back home. Highly recommend this place to anyone! If I am in Ottawa again, and need physio, I will definitely be back." **-S.M.**

We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

At Anatomy Physiotherapy you can find solutions to your pain and get back to living the life you enjoy!

Click Here To Schedule An Evaluation

Exercise Essentials

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.

Try this exercise to help strengthen your core and relieve lower back pain.



You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

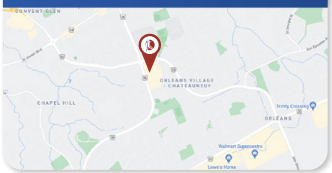
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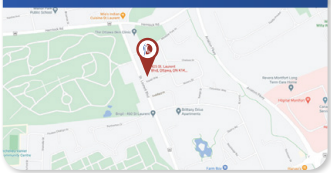
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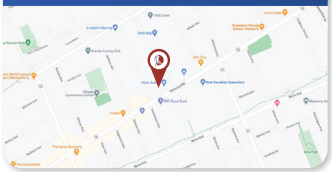
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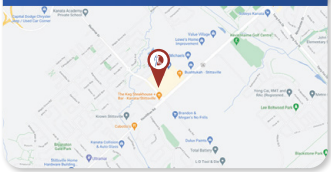
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Call us to schedule an appointment today!

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