

HealthLine

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IS YOUR POSTURE CAUSING YOUR BACK PAIN?



“Don’t slouch! Stand up straight!”

Turns out... Mom was correct and wise beyond her years! Posture is connected to more than you think and is often overlooked despite its effects. If you have poor posture, your bones are not properly aligned and your muscles, joints and ligaments take more strain than naturally intended. Poor posture may cause fatigue, muscular strain, and in later stages, pain. In addition, poor posture can affect the function of your vital organs, particularly those in the abdominal region.

Low back pain is most commonly caused by poor posture because the lower back supports most of the body's weight. When the spine is not in proper alignment, the muscles, ligaments and joints are all under excessive strain. Discs can also suffer from poor posture. When the spine is in proper alignment from good posture, the cushioning, shock-absorbing discs that are in between the vertebrae are not overly stressed and not prone to injury. Patients who make simple changes throughout their daily routines can change their potential for injuries and alleviate current ones. Postural restoration through physical therapy at **HealthQuest** can be just the answer you are looking for to finally address that aching back.

Good posture eliminates many of the health problems that can develop. Often the spine will become fixed in an abnormal position if we do not hold ourselves correctly. This can lead to the constriction of blood vessels and nerves. Since we are in several positions throughout the day (sitting, standing, bending, stooping, and laying down), it is important to learn how to attain and keep corrective posture in each position for good back support. This will result in less back pain. After initial correction of bad posture habits, these movements tend to become automatic and require very little effort to maintain.

At **HealthQuest**, we train you on the best way to attain and hold your posture throughout the day, in everything you do. We will help you relieve your back pain (or prevent it), while improving your posture and confidence along the way.

Proven Benefits of Good Posture:

- Prevents arthritis.
- Protects your organs, bones, joints, and muscles (goodbye back pain).
- Improves your breathing.
- Look and feel confident & powerful.
- Lose weight: posture is a subtle exercise for your back and abs.
- Improve memory & brain function.
- Improve mood and reduce stress.

*Nagar, G. (2015). 10 Proven benefits of good posture. Upright.
<http://www.uprightpose.com/10-proven-benefits-of-good-posture/>

At **HealthQuest** we motivate, educate and rehabilitate, on our quest to help people live life well!
Call us toll free at 1-855-**HQPT-4-ME** to schedule your free consultation or fitness screen!

*“There is no limit to the amount of good you can do if you don’t care who gets the credit.”
— Ronald Reagan*

Exercise Essentials | Easy Exercises

Always consult your physical therapist or physician before starting an exercise regimen.



Open Book Stretch

- Start by laying on your side, bring your top leg across your body and rest it on a pillow or foam roll in hip flexed position.
- Take your top arm and rotate your top hand around your body and follow that hand with your eyes. Don't allow your knee to come off the table.
- Reach across until you feel a stretch in your chest.
- Hold for 30 seconds and repeat three times on each side.



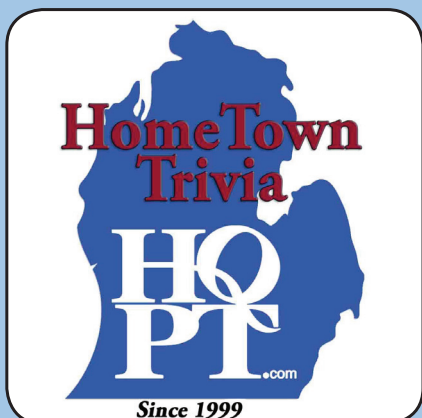
Postural Re-Education at Wall

- Sit in a stool with your back against the wall.
- Try and keep your lower back against the wall, shoulders back, and perform a chin tuck keeping your head against the wall.
- Try to maintain this proper upright position for up to 4 minutes, resting when needed.

HomeTown Trivia...

In 1866, a Detroit pharmacist introduced the world's first carbonated soft drink, what was it?

Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on February 29, 2016.)



Congratulations to our January HomeTown Trivia winner, Larry M. From Macomb!

Patient Spotlight...

"No one listened to me...except Nicole."

Connie was broadsided in August, 2015. Her life hasn't been the same. She was rushed to the hospital and repeatedly assured that nothing was broken despite complaining of elbow, neck, and back pain. Connie was discharged and followed up with her family physician who wrote a script for Physical Therapy. She promptly started working with Nicole. After several weeks, Nicole encouraged her to see a neurologist because of constant headaches. The first neurologist provided no answers. Connie saw a 2nd neurologist and Nicole encouraged Connie to request an MRI, which revealed 5 bulging discs. "If it wasn't for Nicole, I don't know what I would have done," Connie admits. "Because of her, I can walk. I have come in with a pain level of 8 and left with a pain level of 3."



Connie (stripes) & family

Ask the Therapist...

Question:

What are some proper posture “check points” that can help me to maintain better posture while driving?

Answer:

A great way to check whether you are maintaining a good posture while you drive is by utilizing your rear-view mirror. Make sure that you have a good, upright posture and adjust your mirror to that level. By the end of the day, you can easily tell if you are slouching while driving because you will not be able to see perfectly through that mirror. And remember, red lights and traffic jams are great times to work on good sitting posture.

Question:

What is good posture?

Answer:

Posture is the position that you hold your body in while standing, sitting, or lying down. Good posture involves training your body to stand, walk and lie in a position that places the least amount of strain on muscles and ligaments or weight bearing activities. In proper postural position your spine should have three normal curves in your cervical (upper), thoracic (middle), and lumbar (lower) spine. The spine's curves work like a coiled spring to absorb shock, maintain balance, and facilitate the full range of motion throughout the spinal column. In a proper postural position your head should be straight, not forward, with your earlobes in line with the middle of your shoulders and hips. Shoulders should be back and all 3 spinal curves should be maintained. If being in this proper postural position causes pain, you should contact a medical professional. Maintaining good posture helps to keep bones and joints in correct alignment decreasing stress and abnormal wearing of joint surfaces.



Share the Gift of Good Health!

Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!



This month's 'Ask the Therapist' is brought to you by the co-owners of our (new) Chesterfield location and our New Baltimore Aquatic Center, Nicole Wargo, DPT (left) and Lichelle Lenk, DPT (right).

Nicole started her HealthQuest journey as an exercise technician, while attending Oakland University's PT Doctorate program. Upon graduation, she wanted to continue her career with HealthQuest because she loves the way we operate and our overall mission aligns with her views on patient care.

Lichelle feels the same way, which is why they are a perfect partnership! You'll find Lichelle most often at our Aquatic Center. Lichelle's education from Grand Valley gave her rich experience with aquatic treatments.

Together they treat all types of orthopedic issues, back and neck pain, and pre/post-surgical therapy. Both of them live in the area and are excited that HealthQuest has joined the Chesterfield community.

HealthQuest
PHYSICAL THERAPY AND MEDICAL FITNESS
1773 Star Batt Dr., Rochester Hills, MI 48309

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**YOUR POSTURE COULD BE
CAUSING YOUR BACK PAIN.
SEE INSIDE; WE CAN HELP!**

2 NEW LOCATIONS!



We are excited to announce the opening of two new locations: Chesterfield & West Bloomfield! Chesterfield is located at 23 Mile and Sass Road. West Bloomfield is located at Orchard Lake Road and Lone Pine. Both facilities are (co)owned/directed by long-term team members and we are ecstatic to have them growing both personally and professionally. You can expect both locations to have the warm, friendly atmosphere that you find at all **HealthQuest** locations! We are look forward to connecting with both communities!



Call us toll free TODAY to schedule your FREE Fitness Assessment!

1-855-HQPT-4-ME

12 LOCATIONS TO SERVE YOU

Chesterfield
(586) 713-5590
Clarkston
(248) 922-9001
Clawson
(248) 435-8230
Clinton Township
(586) 783-7590
Lake Orion
(248) 393-7707
Macomb Township
(586) 231-0043
New Baltimore
(586) 436-3900
Oxford
(248) 236-0035
Rochester Hills
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Romeo
(586) 336-4022
Shelby Township
(586) 532-9602
West Bloomfield
(248) 788-6100

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