

IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

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, Agility Physical Therapy 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 physical therapists 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. Work in standing or walking tasks at various times throughout the day, limiting 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 today to discuss how our individualized treatment plans can provide you with the best core exercises for your needs.

HOW CAN PT 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 physical therapist 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 physical therapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physical therapist 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 physical therapy treatments, your physical therapist will guide you on how to maintain proper posture during all of your favorite 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 physical therapy treatments and learn how to maintain proper posture.

Physical therapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physical therapist.

Contact our office today to get started on the path toward better posture and decreased pain! We'll help you achieve the strong spine health you need.

Covid-19 Update

A note to our valued Agility patients,

With the evolving news regarding COVID-19 in our area we wanted to inform you that patient health and safety is a top priority for us here at Agility. We are following updates regularly from the Center for Disease Control (CDC), the World Health Organization (WHO), and local government agencies regarding any updates and protocols needed.

Our company has always practiced infection control policies and appropriate cleaning and disinfecting of shared equipment between each use. During this time, we are increasing the frequency and extent of these cleanings. Agility follows all rules and regulations to ensure that all staff are trained on the prevention and development and transmission of infection. All personnel are oriented in the infection control policy at hire and annually.

Although we are actively responding to this public health issue, we are still working hard in both of our locations where therapy, rehabilitation and wellness continue. Our staff is doing a remarkable job remaining calm, staying positive and keeping up normal daily routines as much as possible so our patients can feel safe and focused on their goals.

If you are concerned about symptoms or possible exposure, please stay home and contact your health care provider. As always, you are all in our prayers as we navigate through these challenging and uncertain times.

Sincerely yours,

The Agility Family

Don't let your daily pains become a way of life

***Move Freely • Alleviate Pain Naturally • Have More Energy
• Enjoy Activities Pain Free • Be Stronger***

Talk to One Of Our Physical Therapy Experts

**FREE PAIN / INJURY
ANALYSIS**



**Call To Schedule A Telehealth Visit Today
(941) 484-8107**

Offer valid for the first 25 people to schedule. Expires 11-30-20

Clinic News!

CALL TODAY! 941-244-4210

AGILITY
Physical Therapy

WE OPENED A NEW LOCATION!

**AGILITY PHYSICAL THERAPY -
SOUTHBRIDGE**

1525 TAMIAMI TRAIL S., STE. 604
VENICE, FL 34285

You Don't Have to Live With Pain



**DO YOU EXPERIENCE PAIN
WITH THE FOLLOWING?**

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

IMPROVEMYAGILITY.COM

Exercise Essentials

Try this exercise to help you relax...

Loosens lower back

PRONE ON ELBOWS

Lying face down, slowly raise up and prop yourself up on your elbows. Look forward, and hold for ten seconds. Repeat 5 times.



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PATIENT SUCCESS SPOTLIGHT

**I would recommend
them over and over
again!**

"Wonderful atmosphere and staff that are willing to help you reach your fitness goals in a non-intimidating environment. The staff at Agility Fitness have the tools not only to get you into shape, but rehabilitate you after an injury or surgery. I cannot thank them enough for their support with my entire family. I would recommend them over and over again!" - Angie S.



CALL TODAY! 941-484-8107