

NEWSLETTER

AGILITY PHYSICAL THERAPY *Experience the Difference*

February
2022

FIX YOUR POSTURE AND FIND RELIEF

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

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

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 the more irritated and painful spines get when we get stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

Contact us today to learn more about improving your posture and leading a pain-free, active life!

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. We become so wrapped up in whatever tasks we are doing that we forget to think about 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.

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?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. This includes how we move, like our lifting postures or reaching postures.

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.

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!

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What Can You Expect from Physical Therapy?

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 us today to schedule
your next appointment***

If you are experiencing back pain, your posture may be to blame. Fortunately, we're 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 make you find your ideal posture!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

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1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our social media links)
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***FREE BACK PAIN/
INJURY ANALYSIS***

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SOUTHBRIDGE: (941) 244-2410

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***START OFF THE NEW YEAR RIGHT
BY SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT***

Offer valid for the first 25 people to schedule. Expires 02-28-22

Healthy Recipe

TURKEY MEATBALLS

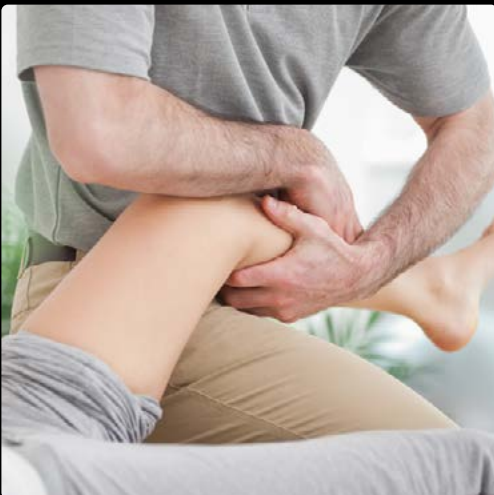
INGREDIENTS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

DIRECTIONS

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

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

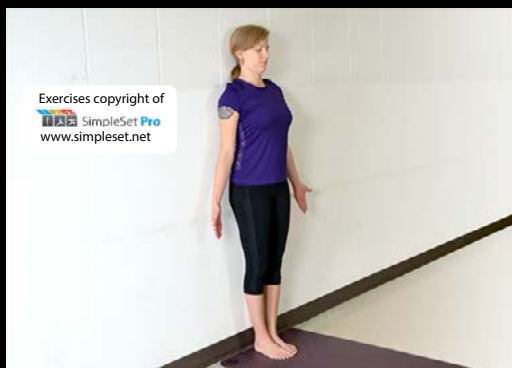
Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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Exercise Essentials

WALL POSTURE

Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time. Hold for 20 seconds and repeat 10 times.



Patient Success Spotlight

"AGILITY PROVIDES OUTSTANDING AND EFFECTIVE THERAPEUTIC CARE WITH AN AMAZING DETAIL-ORIENTATED ADMINISTRATIVE TEAM"



"The Agility Physical Therapy & Sports Performance Team is exceptionally compassionate, dedicated, and supportive. Agility provides outstanding and effective therapeutic care with an amazing detail-orientated administrative team that welcomes each client daily with unceasing friendliness. The physical therapists have helped me

regain strength, range of motion, eliminate cervical pain, reduce complex migraines, and improve the overall quality of my life. I'm so appreciative." - Lauren

CALL TODAY! 941-484-8107