



**AGEWELL**  
Physical Therapy & Wellness, P.C.

**WE'VE BEEN VACCINATED!**

Read more inside on the measures we're taking to keep you safe in our clinic!

Now Offering  
Occupational  
Therapy!

# COULD YOUR POSTURE BE THE REASON FOR YOUR ACHES AND PAINS?

Read more inside on What You Can Do About Your Posture, How Physical Therapy Can Help You, and How To Improve Your Posture In The Classroom.

[www.AgeWellIPT.com](http://www.AgeWellIPT.com)



## HOW DOES POOR POSTURE AFFECT ME?

Do you suffer from daily or recurrent aches and pains? If so, your posture may be the culprit. Just think about the number of hours a day we spend staring at a computer screen, hunched over our desks, or staring at our phones. That creates a lot of stress on the neck and back, especially if you are slouched, titled forward, or looking down for prolonged periods of time.

### How does poor posture affect me?

Changes to your posture can negatively affect your body, and you may find yourself experiencing some of the following symptoms:

- **If your posture contains a forward head tilt**- This forward-head posture creates a strain on the neck, which can result in neck pain, shoulder pain, arm pain, chronic headaches, and lower back pain. Tilting your head forward for long periods of time shortens the muscles in the back of the neck, and can result in soreness throughout multiple parts of your body.
- **If your posture contains slouching of the mid-back** - If you slouch the middle of your back, you can drive your head forward and alter the way your ribs naturally align. By doing this, you may experience pain in the slouched region of the mid-back, in addition to pain in the neck. If this is your average standing posture, it is important to seek physical therapy treatment right away - over time, standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

- **If your posture includes sitting for long periods of time**
  - When you sit for prolonged periods of time, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which can cause soreness or achiness in the hips, legs, and back, and can create issues with your gait.

The way in which you walk can also have an effect on your posture. When you have improper posture, your center of gravity changes. This can cause your balance to decline, which can cause pain when walking, thus creating a vicious cycle of overcompensation and pain.

**The most common symptom of poor posture is lower back pain**, although pain can be present in other parts of the body, as well. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. Over a period of time, constant poor posture can create an unusual amount of wear and tear on the lower back, which can increase the risk of arthritis in the spine.

We would like to see you again!  
Give us a call today at (516) 488-8808  
or visit [www.AgeWellPT.com](http://www.AgeWellPT.com).

Call (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!

# WHAT CAN I DO ABOUT MY POSTURE?

It can be difficult to correct poor posture, but there are a few steps you can take on your own to try and help:

**1. Sit properly.** – If you are at a desk for extended periods of the day, make sure your stance is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair.

Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.

**2. Take stretch breaks.** – If you are an office worker, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so, and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.

**3. Exercise.** – Exercise is incredibly important, especially if your job produces several hours of inactivity. When you exercise,



you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back. Taking even a small amount of time to walk or jog around the neighborhood every day can highly improve your overall gait.

**4. Set up your office properly.** – If you work from an office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

Has your pain come back?  
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## HOW CAN PHYSICAL THERAPY HELP ME?

If these at-home treatments don't work, it is important to consult help from a physical therapist.

Simply standing up straight is a fight against gravity, and if you have been standing the wrong way for several years, it may be difficult to change it on your own. However, physical therapists are dedicated to getting you back on track to a pain-free and risk-free life. They will evaluate your posture and gait to determine the best treatments necessary for you, and then they will create a treatment plan unique for your needs. They can improve your posture, eliminate your pain, and get you back to doing the activities you love to do. If you are experiencing pain, and you think it may be a result of your posture, give us a call today. We will help you get back to a comfortable posture with just a few sessions.

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# IMPROVE YOUR POSTURE IN THE CLASSROOM

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The benefits of good posture are more than just looking good, especially as a college student where you spend most of your time sitting down at a desk in the library or an uncomfortable chair in a lecture hall. No worries, though, we have your back and we have some tips for you to improve your posture without even trying.

- 1. Adjust your backpack:** One of the reasons your back hurts is because of the weight you carry on your backpack. The gap between your back and your backpack is what causes the stress to your back, though, which damages your posture at the end. To fix this, adjust your backpack handles so they can be as close to your back as possible to avoid your spine to curve excessively when carrying your backpack.
- 2. Unload your backpack:** I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will -literally- take the weight from your back and will improve your posture.
- 3. Wear both straps of your backpack:** The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.

Source: <https://www.uprightpose.com/blogs/news/how-to-improve-your-posture-as-a-college-student>



## PATIENT SUCCESS SPOTLIGHT

"Having both hips replaced stopped the pain, but you all gave me my life back! Thank you for your patience and encouragement which helped me regain my strength and stamina so that I'm now able to once again engage in activities I love, like gardening and dancing. I would highly recommend AgeWell to anyone in need of physical therapy and I would certainly come back if I'm ever in need of PT again." - Anita P.

## WE'VE BEEN VACCINATED!

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, the entire team at AgeWell Physical Therapy has received the COVID-19 vaccination. Additionally, we are continuing to implement all recommended safety precautions around our clinic. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES  
WEARING PROPER  
MASKS



OUR EMPLOYEES ARE  
PRACTICING SAFE  
DISTANCE



OUR EMPLOYEES  
ARE USING GLOVES  
WHEN NECESSARY



OUR EMPLOYEES ARE  
WASHING HANDS  
REGULARLY



OUR EMPLOYEES ARE  
AVOIDING HUGS &  
SHAKING HANDS