



AGEWELL
Physical Therapy & Wellness, P.C.

Now Offering
Occupational
Therapy!

WE'VE BEEN VACCINATED!

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

**HAVE YOU USED YOUR
2021 THERAPY BENEFITS?**

(Details Inside...)

**CORRECT YOUR
POSTURE FOR A MORE
COMFORTABLE LIFE!**

Read more inside on Improving Your Posture, Benefits Of A Standing Desk, Don't Let Your Insurance Go To Waste, and We've Been Vaccinated!

www.AgeWellIPT.com



CORRECT YOUR POSTURE FOR A MORE COMFORTABLE LIFE!

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day 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. Fortunately, posture can be improved with the help of physical therapy. Call us today to learn more about how you can improve your posture and lead a pain-free, active life!

The 3 Curves Of Your Spine

Your spine has 3 curves, which provide support and flexibility, in addition to protecting the nerves running up and down your spine. Your neck and lower back should be gently curved in, while your upper back should be slightly curved out.

When you slouch, the spine in your neck and lower back actually becomes straighter, while the upper back becomes excessively curved. This produces a forward-head posture and humped upper back. If your abdominal muscles are weak, you may also experience an excessive arch in your lower back.

Common Postural Issues

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in bad posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness

within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

Get Your Life Back with AgeWell Physical Therapy

Give us a call at (516) 488-8808 today to schedule your appointment!



IMPROVING YOUR POSTURE

Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

In fact, physical therapy has been proven as one of the most successful methods for improving posture. According to a study published by the National Institutes of Health, titled, "Evidence-based protocol for structural rehabilitation of the spine and posture," the method of structural rehabilitation has a strong efficacy for back pain, neck pain, and postural improvement. Physical therapists have found success in using their methods to treat postural issues, as well as the chronic conditions that may develop as a result.

Physical therapists are movement experts and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

3 Simple Tips

Physical therapy treatments will yield the best results when focusing on improving your posture. However, there are some simple tips you can use on your own when standing, sitting, or bending in your daily life:

1. Standing

Stand facing a mirror. Look at your shoulders - does one seem higher than the other? Look at your neck - does it tilt to one side or stick forward?

Pretend that an imaginary string is pulling gently through the top of your head. Notice how your posture improves automatically when you try to be taller? Keep your abdominals slightly contracted to maintain this posture. When walking, make sure that your arms are

moving comfortably back and forth, feeling the rotation through your torso.

2. Sitting

Sit all the way back in your chair so you feel your lower back against the back rest. Avoid prolonged sitting on soft couches when watching TV, as this causes excessive slouching. Try to keep your feet flat on the floor and angle your chair so that your knees are slightly lower than your hips.

Try using a small rolled-up towel for your lower back if you need more support while sitting. If you work at a computer, make sure that your keyboard and mouse are slightly lower than the level of your elbow. You may need to adjust your seat higher to make this happen.

3. Bending

Most back injuries occur when bending and twisting at the same time. When you need to bend down to get something from a low surface, make sure you squat, and keep your abdominals tight as you do so. In addition, if you are lifting something, get your body as close as possible to what you are lifting. Try having one leg forward to use your legs more to lift, rather than your back.

Contact Us For Assistance

As part of your physical therapy treatment, we can teach you proper posture, bending, and lifting techniques to protect your body from future injuries and make sure you stay healthy for the long-haul. Contact AgeWell Physical Therapy & Wellness, P.C. today to learn more about how we can help you live pain-free!

Has your pain come back? Give us a call at (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!

BENEFITS OF A STANDING DESK

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks!

What's The Best Desk For You?

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a



traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for workplace environments, so employees can spend a large amount of their day standing or stretching, with the opportunity to rest when they become tired.



HAVE YOU USED YOUR 2021 THERAPY BENEFITS?

- Has your strength or balance declined over the pandemic?
- Do you have painful joints and muscles?
- Would you like to improve your strength and function?

TIME IS RUNNING OUT, SO CALL NOW TO UTILIZE YOUR 2021 MEDICARE PHYSICAL AND OCCUPATIONAL THERAPY BENEFITS.

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 ARE 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