



HOW TO FIX POOR POSTURE

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.

At Soleil Physical Therapy, 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 it gets irritated and painful when it is stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

Contact Soleil Physical Therapy 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.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching, alleviate your pain and improve your overall health!

What To Expect At 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.

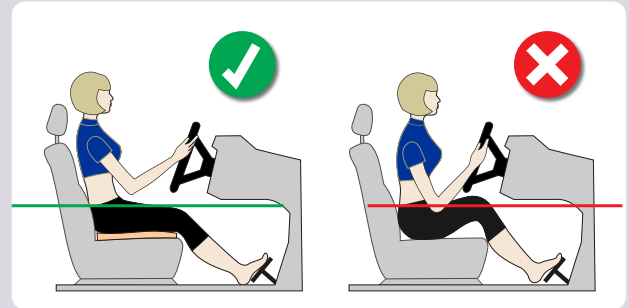
In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

Proper Driving Posture

If you're experiencing pain after driving, poor posture behind the wheel may be to blame

When travelling, be sure to adjust your driver seat to ensure that your hips are just above your knees. This not only allows for better blood circulation, but can ease the strain on your lower back.



Call Today To Schedule An Appointment

If you are experiencing back pain, your posture may be to blame. Fortunately, Soleil Physical Therapy is ready to help you begin your journey toward long-lasting pain relief.

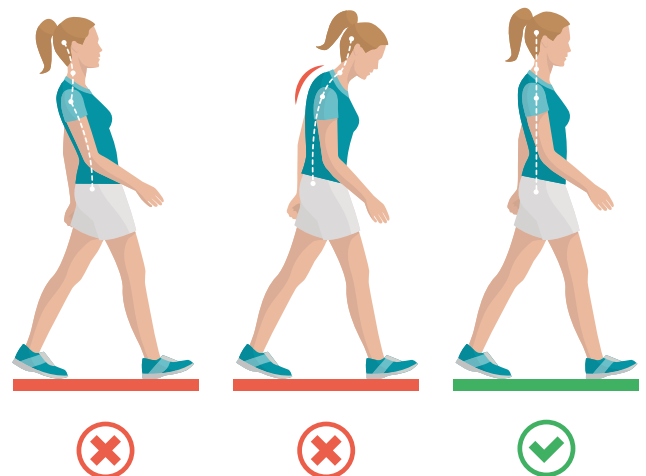
Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!

[Click to Schedule an Appointment Today!](#)

EXERCISE ESSENTIALS

Check Your Walking Posture

- Keep your head up and looking forward
- Allow your torso to twist and your arms to swing
- Gently keep your shoulders down and back – forcing your shoulders back prevents them from rotating properly
- Keep your stride short and roll your feet heel-to-toe
- Talk to your physical therapist about how you can improve your daily posture



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ERGONOMIC TRAINING



Ergonomics is the way in which we improve movement and function within daily life and strategies that focus on maximizing efficiency and safety, and identifying/changing factors that may lead to injury. The Occupational Health & Safety Administration (OSHA) states that companies in the U.S. spend at least \$170 billion annually on occupational injuries. By simply implementing certain health and safety systems – which includes ergonomics training – companies could reduce their injury and illness costs by as much as 40%. The most common work-sustained injuries include back pain, tension headaches, cervical pain (including a new phenomenon called “text neck”), medial or lateral epicondylitis (golfer’s or tennis elbow, respectively), carpal tunnel syndrome, trigger finger, rotator cuff injury, and tendonitis.

Our physical therapists will evaluate things you do or use every day in your home or workplace such as the set-up of your desk, the type of tools and equipment you use, the expectations and demands of your job, and/or a summary of your typical day to identify the source of your pain. This will help determine what items may be subject to modification. Working on the ergonomics of your office and daily life can decrease your risk of sustaining injury, saving a lot of money on medical bills, lost wages, and decreased productivity! Call us today!



SUCCESS STORY

“This was my first time having physical therapy and I was worried about everything. However, the therapists were absolutely wonderful. From counseling to the actual session, everyone was very patient and kind. Every time I go in they are always welcoming and strike up a conversation with not only me, but the other patients. They make the sessions go by very fast but always address the issue at hand. Most of my sessions were with Ron, but everyone who helped me for the past couple of weeks has been wonderful. If I needed physical therapy again, I would definitely come back here.” — Donna C.

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WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



Call today to schedule an appointment!

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Therapy Hours:

Monday - Friday: 8 AM - 7 PM
Saturday: 8 AM - 4 PM