

NEWSLETTER

Your Body Stiffness Can Be Caused By **POOR POSTURE**



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15 CONVENIENT LOCATIONS TO SERVE YOU!

Central Sioux Falls
West Sioux Falls
East Sioux Falls
Sioux Falls (Primrose)

Brandon
Harrisburg
Hartford
Tea

Fulda
Jackson
Lakefield
Luverne

Sherburn
Worthington (Avera)
Worthington (Oxford)

NEWSLETTER

How Poor Posture Causes Pain

Physical Therapy Can Help!



Do you suffer from daily or recurrent aches and pains? Do you find your back and neck getting stiff and sore at the end of the day? If so, your posture may be the culprit. Our physical therapists at Prairie Rehabilitation can help determine what is causing your pain and give you the solutions you have been looking for! Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These postures create a lot of stress on the neck and back, especially when we are slouched, tilted forward, or looking down for prolonged periods.

The worse your posture is, the more intense your back and neck pain can become. Once your body gets used to poor posture, it becomes more challenging to make a quick adjustment back into a good posture.

The good news is that guidance from Prairie Rehabilitation physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! Call today to make an appointment.

How posture causes pain. Posture refers to the position(s) of a person's body in space. Prolonged postures, like sitting or standing for long periods, often lead to stiffness and soreness in the spine. In the upper part of the spine, slouching will cause a forward-head posture. This, in turn, creates

a strain on the neck muscles and joints, resulting in neck pain and upper back pain, and may lead to arm pain or chronic headaches. Slouching also affects the mid-back by altering the way your ribs naturally align. Over time, sitting and standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

The lower back is not immune to slouched posture either. Slouching posture causes increased pressure to the lumbar discs and causes the muscles in your hips and legs to tighten. This tension affects how the pelvis and spine move and often leads to lower back pain.

The most common symptom of poor posture is pain somewhere in the spine. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. After a while, constant poor posture can create an unusual amount of wear and tear on the spine, increasing the risk of arthritis in the spine.

The good news is that working with a physical therapist to improve your posture with exercises is an effective way to overcome neck and back pain.

(continued inside)

HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

(continued from outside)

After years of practicing poor postural habits, your back, shoulders, and neck muscles will likely find standing or sitting with a straight posture to be challenging. Here are a few steps you can take to try and help:

Sit properly:

1. If you are at a desk for extended periods of the day, make sure you sit upright.
2. Pay attention to your desk setup, to ensure it is set up properly to best support you.
3. Make sure you scoot your buttocks to the back of the chair and sit back against the backrest of the chair.
4. Use a lumbar support to make sure you maintain the upright position.

Take breaks: If you are an office worker, most of the day is spent sitting behind a computer. It is vital to make sure that you get up every 30-45 minutes and take a short walk, at least for a minute or two.

Exercise: Taking the time to walk or jog around the neighborhood every day can highly improve your well-being. Exercise is essential, primarily if your job produces several hours of inactivity. Strengthening is also an effective way to reduce the risk of injury to your neck and back.

What to expect in physical therapy. Our physical therapists are dedicated to getting you back on track to a pain-free life. They will evaluate your posture to determine the best treatments, and exercises necessary for you, and then they



will create a treatment plan unique for your needs. Your therapist will teach you strategies like:

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain. We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with poor postural habits.

Contact our clinic today. If you are experiencing pain, and you think it may result from your posture, give Prairie Rehabilitation a call today. Addressing your posture early on is the best way to prevent an issue from becoming more debilitating!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC589545/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/>
<https://pubmed.ncbi.nlm.nih.gov/31789300/>

SCHEDULE AN APPOINTMENT AT A CLINIC NEAREST TO YOU!

Tips To Prevent Pain When Working From Home

Over the past few years, most of us have had to adjust to working in a very different environment than we're used to: our homes.

Sitting in chairs at desks that may not be ergonomically designed for comfort and spine health can drastically change the way our bodies feel. Over time, you may have noticed that your back hurts more often or you have a hard time sitting up straight. This is because you're getting less physical activity in than you probably did at your corporate office!

The good news is that there are several ways you can improve mobility while working from your home.

1. For starters, try to get up and move around every 30 minutes or so to get your blood flowing and keep your joints from becoming stiff and painful. You can also keep fitness equipment in your office or around your work area to remind yourself to get some physical activity in. Items such as small hand weights, jump ropes, or yoga mats are all easily stored and simple to use. Spreading your mat out by your desk can remind you to stretch daily and prevent muscle tension and backache.



2. Try to avoid sitting for periods longer than 30 minutes. Get up in between meetings, stretch your legs, take the dog for a walk, do a handful of jumping jacks or situps.

3. Avoid craning your neck too far up or down to look at computer screens as well, so you don't develop neck pain! A good way to combat this issue is by purchasing a riser for your monitor, so that it can sit at eye level.

If you work from home and wait until your body hurts to seek physical therapy, you've already waited too long. The good news is our therapists can help you improve your posture and relieve neck, back, knee, hip, and other types of pain caused by prolonged sitting and a lack of exercise.



STAFF FEATURE



DR. ALI DEERING, DPT
Physical Therapist

Ali is a native of Brandon, South Dakota, where she currently lives with her husband, daughter and 3 loving pets. Ali received her Bachelor's degree in Performing Arts from Wichita State University in Kansas and following graduation, took some time off to pursue a career as a professional dancer. She then returned to the University of South Dakota to pursue her other passion of becoming a physical therapist. Ali graduated in 2020

as a Doctor of Physical Therapy at the beginning of the COVID-19 pandemic. It was interesting establishing a career at a time when job seekers were not necessarily wanted or able to be employed. Ali first took part-time jobs working as a on call therapist in Madison, SD, and at an inpatient neurorehabilitation facility in Sioux Falls, and was eventually able to land a job with the company she wanted from the beginning, Prairie Rehabilitation. This led to a full-time position and she has been with Prairie for a year and a half now, currently splitting her time between the Brandon and the Central Sioux Falls offices.

It is Ali's personal goal as a physical therapist to help her patients become more independent and take control of their condition through collaboration and education. She is a fervent evidence-based practitioner and enjoys treating the general population, peri- and post-partum women, people experiencing chronic pain as well as younger athletes, specifically dancers and gymnasts. Ali is currently Level 1 Pelvic Health certified and Level 1 Functional Dry Needling certified. Outside of work, Ali enjoys spending time with her two and half year-old daughter and husband, her family, being outdoors, and instructing classes at her local gym, Bwell Sioux Falls.

PATIENT SUCCESS SPOTLIGHT



"They were very hands-on to get my back working properly!"

"I went there for help with my back pain. Michelle, Jason, and Micha all worked together to make sure I improved and we were on the same page. They were very hands-on to get my back working properly. They applied enough pressure but without hurting me. They instructed me on what I needed to do to improve at home as well and made sure I was doing everything correctly." – Shelly C.

HOME EXERCISE

Stretches lower back



SEATED RIGHT PELVIC TILT (EXERCISE BALL)

Sit on the exercise ball with your hands on your hips. With an upright posture, tilt your hips to the right without leaning with your upper body. Hold for 2 seconds and repeat 3 sets, 10 reps each.



This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

HEALTHY RECIPE

Eggplant Pizza Bites

INGREDIENTS

- 2 large eggplants, cut into 1/2" rounds
- Extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1 c. marinara
- 1 c. shredded mozzarella
- 1/2 c. mini pepperoni
- 1/2 c. shredded Parmesan
- 1/4 c. finely sliced basil



INSTRUCTIONS

Preheat grill to medium-high. Brush both sides of eggplant with olive oil and season with salt and pepper. Grill eggplant until tender and slightly charred on both sides, 3 to 4 minutes per side. Top each round with marinara, mozzarella and mini pepperoni. Keep the eggplant on the grill to allow the cheese melt, about 30 seconds more. Remove eggplant from grill. Top with Parmesan and basil and serve.

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a48193/eggplant-pizza-bites-recipe/>

ASSESSMENT

FREE



BIG

DEAL

Are you in pain? Come in for a **FREE** Consultation! Contact a clinic nearest to you today!

Offer expires 09/01/22

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