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How Posture Affects Neck & Back Pain

MedRehabGroup 
PHYSIOTHERAPY

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How Posture Affects Neck & Back Pain

Remember back when your mother used to tell you that if you wouldn't stop hunching your shoulders, they'd be stuck that way forever? An idle threat, one that barely anyone took seriously. Yet, fast forward a few decades and it turns out that mom might have been on to something, after all.

A poor habit of bad posture can have a lasting impact on your neck and back. The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once you start experiencing neck and back pain, simply squaring your shoulders isn't likely to be much help. Working with a physical therapist can help you to train the muscles in your back, neck and shoulders so that you can improve your posture permanently, and in doing so bring relief to your chronic neck and back pain.

The Posture and Pain Connection

Not all back pain is caused by poor posture, and it is true that you can have poor posture for years without feeling the consequences of that slouch right away, but in time the habit is likely to catch up with you. There are certain ways that you can tell if neck or back pain may be a result of poor posture, including:

- The pain in your back is worsened at certain times of day. For example, after you've spent a day at the office, or after a few hours on the couch.
- The pain frequently starts in your neck and moves into your upper

and lower back. Pain that seems to travel from one area of the back to another is frequently an indication of posture concerns.

- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain that develops soon after a change in circumstances, such as starting a new job with a new desk chair, or getting a new car.

After years of practicing poor posture, your back, shoulder and neck muscles will likely find standing or sitting with straight posture to be uncomfortable. This is because your muscles have grown accustomed to the slouching, and standing up straight will require some thorough stretching. That doesn't mean that once you have bad posture you can never correct it.

Working with a physical therapist to improve your posture is a great way to overcome chronic neck and back pain. In physical therapy, you will be guided through a series of stretches and strength building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain.

Whether you've tweaked a muscle or have a deeper injury, a physiotherapist can help. Give us a call at (888) 409-4058 to schedule your appointment today!



1. Feel free to call us and ask to speak to your physiotherapist.



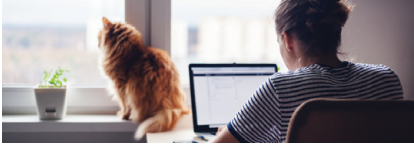
2. Your physiotherapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your physiotherapist might recommend you come in for an appointment.

**Call MedRehabGroup
Physiotherapy
to schedule your
appointment today!**

What Can Good Posture Do For You?



There are a lot of benefits of having good posture. Aside from saying goodbye to neck or back pain, improving your posture can provide several unexpected benefits to your lifestyle and personal well-being. Here are a few of the additional benefits of having good posture:

- Proper posture creates quality exercise for your core and back
- Improved respiratory health
- Added protection for your organs, bones, joints and muscles
- Reduced risk of arthritis

If you are experiencing chronic neck and back pain, there is a good chance that it could be related to your posture. Contact your physical therapist to learn more about how you can take steps to start improving your posture today.

We're Staying Safe!

Physiotherapists are considered "Essential Critical Infrastructure Workers" during the COVID-19 pandemic. Because of this, MedRehabGroup Physiotherapy is remaining open and seeing patients during this time while taking the necessary precautions to make sure everything is sanitary and everyone is safe.

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 require all of our staff to wear masks as an additional measure of precaution.



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

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How Can I Reduce My Risk Of Coronavirus?

- Was your hands thoroughly, especially before eating.
- Disinfect surfaces regularly, such as your tables and counters.
 - Use contactless payments.



A Message From Our President

Small daily actions lead to giant rewards:

Medrehab Group patients are taught to take an active role with their treatment in order to get better as fast as they can. We tell our patients that doing nothing or taking the easy road will not lead you to recovery. Staying in the safety zone only makes you complacent and makes your situation worse. When there is a true partnership between the therapist and the patient, successful results usually follow. Your treatment plan should be designed in a manner that allows you to implement small daily steps towards your goals. Communicate with your therapist and make sure you question all treatment aspects to ensure maximum benefit. Appreciate the process and know that if you stay consistent to your treatment plan you will be able to get back to function and live a pain free life.

Frank Giambagno
President

3 Natural Ways To Beat Spring Allergies



- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

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Exercise Essentials



Sitting Posture

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



*Exercises copyright of
www.simpleset.net*

*Offering eight different locations
for your convenience:*

Brampton	Pickering
East Hamilton	Richmond Hill
Georgetown	Toronto St. Clair
North York Finch	Woodbridge

**Come Back In For
Physiotherapy!**

Call (888) 409-4058 or visit
www.MedRehabGroup.com to schedule
your appointment today!

