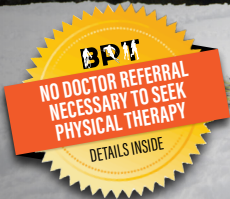




Could Your Posture Be The Reason For Your Aches And Pains?

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WE ARE OPEN!



Could Your Posture Be The Reason For Your Aches And Pains?

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, tilted forward, or looking down for prolonged periods of time. Fortunately, physical therapy can help improve your posture and help you find relief for daily aches and pains. 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.

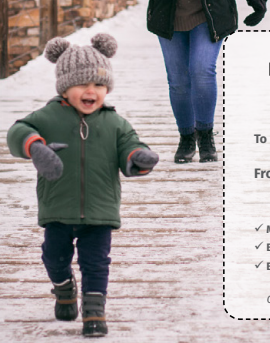
- **If your posture includes sitting for long periods of time** – When you sit for prolonged periods of time, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which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

Contact Breckenridge Physical Therapy today to learn more.

So, What Can I Do About It?



BRECKENRIDGE **BPT** PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.485.3421 or visit breckenridgephysicaltherapy.com

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.

HOW CAN PHYSICAL THERAPY HELP?

If these at-home treatments don't work, it is important to seek 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 Breckenridge Physical Therapy a call today. We will help you get back to a comfortable posture and pain-free life!

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally



Call Breckenridge Physical Therapy at 970.485.3421, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!



Patient Success Spotlight

"Before starting PT I was still walking with crutches. 3 months later BPT allowed me to be back on my skis! Without their help there is no way that would have happened. Thanks BPT for getting me back to normal and on the slopes!" - K.D.

Want results like this? Call Breckenridge Physical Therapy at 970.485.3421 to schedule your appointment today!



Stuffed Mushrooms

Healthy Recipe

INGREDIENTS

- 1 1/2 lb baby mushrooms
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 c breadcrumbs
- Kosher salt
- Freshly ground black pepper
- 1/4 c freshly grated Parmesan
- 4 oz cream cheese, softened
- 2 Tbsp freshly chopped parsley
- 1 Tbsp freshly chopped thyme

DIRECTIONS

Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove stems from mushrooms and roughly chop stems. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped mushroom stems and cook for about 5 minutes until most of the moisture is out. Add garlic and cook until fragrant for 1 minute then add breadcrumbs and let toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool slightly. In a large bowl mix together mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with more Parmesan. Bake until mushrooms are soft and the tops are golden for 20 minutes. Garnish with parsley to serve.

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Exercise Essentials

Helps To Improve Your Posture

PRONE ON ELBOWS

While lying face down on your stomach, slowly raise your upper body up and prop yourself onto your elbows. Hold for 30 seconds. Repeat 5 times.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Do You Know About Telehealth?

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Because of this, in addition to keeping our facilities open, we are also offering e-Visits (via the Zoom app) as well as Telehealth services for those who wish to stay at home. By providing care for our patients virtually, as opposed to in person, we are able to keep both our patients and PT providers safe. Telehealth services can be accessed via your smartphone or computer, with which you'll be free to perform your PT treatments from the comfort of your own home.

For those still wanting to be treated in the clinic, in addition to extra cleanings and wearing protective gear, Breckenridge is proud to have three treatment rooms and a large, open space gym. Two of our treatment rooms have exterior windows and exhaust fans that are running whenever patients are in the treatment rooms.