

Stand Tall with Physical Therapy

How to Relieve Your Back Pain by Fixing Your Posture

Are you able to maintain your posture throughout the day? Do you catch yourself slouching frequently? If you notice daily or persistent aches and pains in your back, your posture is likely contributing to the problem.

At PacificPro Physical Therapy, our physical therapists can help identify the source of your pain and whether or not your posture is part of the problem. We offer solutions that work no matter what is causing your back pain!

When your posture is incorrect, it can cause stress on your back, resulting in pain, inflammation, or dysfunction. Back pain is the most commonly reported area of pain and often leads to significant limits to one's daily life. It is estimated that up to 70%–80% of adults experience lower back pain at some time in their lives.

If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, and lie down. Fortunately, PacificPro Physical Therapy can help. We'll determine the cause of the pain so you can get back to living your life comfortably!

Poor Posture Is Common And May Be The Cause Of Your Back Pain

Very few people have perfect posture, and most people use bad postural 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.

Poor posture is one of the most common causes of back pain. It's common for people to slouch at their desks, lean forward to read emails, or just slump on their couch while watching T.V. Too often, these are all things people do subconsciously, without realizing the toll it takes on the body.

Your posture affects how your body moves - whether you're sitting, standing, walking, running, or performing pretty much any other task throughout the day. Your posture may also change depending on what you are doing - perhaps your posture when you stand is perfect, but when you sit at a desk, your body begins to hunch and fold in ways that it is simply not supposed to.

Poor posture isn't due to laziness or apathy; instead, it generally has something to do with our bodies' habits or physical weakness. Even if you exercise regularly,

there may still be weak muscles or compensations contributing to poor posture. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an essential role in your posture. If even one of these is weak, your posture may suffer.

Find Relief For Your Aching Back With Physical Therapy

Physical therapy is a great way to regain normal posture. At PacificPro Physical Therapy, our physical therapists are experts in movement and excellent resources to have when trying to achieve your physical performance goals. We will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, we will start by conducting functional testing to identify weaknesses contributing to your posture and causing your back pain. In addition, we will identify any mobility changes in your spine that may influence how you hold your body when you sit, stand, or move.

Our customized treatment plans are tailored to your specific needs and typically include manual therapy and targeted stretches and strengthening exercises to alleviate pain and regain proper postural habits.

Your physical therapist may add treatments, such as ice and heat therapies, ultrasound, or electrical stimulation as appropriate. Find out for yourself why physical therapy is one of the most effective ways to address your back pain and start on the road to recovery and improved posture.

Continued on next page.



NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

SEASONAL RECIPE

VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE



INGREDIENTS:

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla Greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

DIRECTIONS In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

EXERCISE TO TRY AT HOME

Plank

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold the plank until you start feeling fatigued. Rest and then repeat.



This exercise strengthens the obliques and transverse abdominis, as well as your shoulder and back muscles.

STAND TALL WITH PHYSICAL THERAPY

Continued from previous page.

Steps To Improve Your Posture On Your Own

Poor posture can be challenging to overcome. The more you practice proper posture, the easier it will become. Here are a couple of tips you can try at home:

Sit Properly: Start by scooting your buttocks to the back of the chair and sitting back against the backrest of the chair. Using lumbar support can help you maintain the upright position.



Take Breaks: 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. Changing your positions can prevent the slouched posture from becoming your default posture.



Sometimes the most helpful solution is to avoid the problem from the beginning. Starting in a good posture and taking frequent breaks can eliminate the pain associated with poor postural habits.

Schedule An Appointment Today!

Contact PacificPro Physical Therapy today to schedule a consultation and figure out how physical therapy can help your posture!

Request an Appointment



THE BENEFITS OF STANDING DESKS

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.

Making The Most Out Of Your Work Day

Studies suggest whether you choose a standing or adjustable desk for your work day, integrative support can be beneficial in easing yourself into the new setting. In fact, those who participated in some sort of integrative support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.

In addition to the type of desk you stand at, ergonomics is also an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on employee happiness, productivity, and well-being.

Don't let the stresses of work take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday. Schedule an appointment with PacificPro Physical Therapy today to get started on some integrative lifestyle changes that can help brighten your mood, enhance your creativity, and reduce your risk of developing health issues while you are at work!

[Request an Appointment](#)

Patient Success



"Choose PacificPro for your PT needs. Yes, you have a choice. Mason is professional, encouraging, and listens to you and your body. I love the cool portal that allowed me to watch demonstrations of prescribed exercises. Hopefully I won't need PT again, but if I do, I'll definitely return. Naomi, at the front desk, is wonderful and explained my insurance benefits. Great customer service from beginning to end.." – Melanie A.

We want to hear your Success Story. Click below and leave us a review.

[Share Your Success Story](#)

Thank you!

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Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

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