IDAHO SPINE & SPORTS

PHYSICAL THERAPY

IMPROVE YOUR HEALTH BY

STRENGTHENING YOUR CORE

www.SpinePT.com

What's Happening Around Our Clinic?

Welcome, Miranda Wilson, PT who joined our Meridian Team!

Miranda has been involved with sports her entire life, playing a year of collegiate basketball and then coaching at a local high school. She has been around injuries and enjoys helping people recover and return to what they love doing.

She decided she wanted to pursue Physical Therapy after working as a therapy trainer at our McMillan clinic location. A patient came in with her first smile while saying "You guys brought fun back into my life!"

To learn more about Miranda and our entire team, visit us online at www.SpinePT.com/our-team today!

Dr. Henretty is certified in Dry Needling at the Five Mile Clinic.

Dr. Oswald enjoyed his first Father's Day hike with his son.

Exercise Essentials
Sidelying Thoracic Rotation

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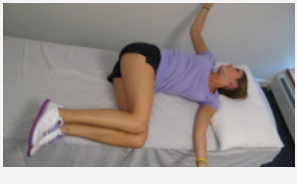

Lying on side, hips and knees at 90 degrees. Rotate hand and head backwards until stretch is felt in mid back area. This stretch helps with tightness in the back.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.

Leave Us A Review!

Have you been loving Idaho Spine & Sports Physical Therapy & Wellness Center? **We would love to hear! Scan the QR code or visit our website at www.SpinePT.com to tell us how we're doing!**

Improve Your Health By **Strengthening Your Core**

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Idaho Spine & Sports Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

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What Exactly Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

How Can I Strengthen My Core Muscles?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Idaho Spine & Sports Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

Book An Appointment Today!

5 Tips You Can Do On Your Own

1. **Improving your posture.**
   Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. **Avoiding injury.**
   Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks, and you can practice them during your aquatic sessions to make them easier to perform in day-to-day life.

3. **Getting adequate rest and exercise.**
   Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping help your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

4. **Eating nutritious meals.**
   If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

5. **Getting expert help.**
   The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Idaho Spine & Sports Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain. Through our targeted aquatic therapy services, we can help you strengthen your core, relieve your pain, and improve your overall health. Contact us today to get started!

Feel Better By Eating Better!

Pink Sunrise Strawberry Smoothie

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ – 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Meridian Location
(208) 286-2707

Boise Locations
(208) 939-0533

Fax Number
(208) 939-3341

Clinic Hours
Monday - Friday | 7AM - 7PM

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