

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

HOW POSTURE AFFECTS NECK & BACK PAIN

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How Posture Affects Neck & Back Pain

Have you noticed your back and neck seem more sore and stiff at the end of a long day? Poor posture is likely the source of that soreness.

The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once your body gets used to poor posture, it becomes more challenging than simply squaring your shoulders or pinching your shoulder blades together.

The good news is that with guidance from Idaho Spine & Sports Physical Therapy physical therapists, you train the muscles in your back and neck to correct your posture and bring relief to your neck and back pain. Call today to make an appointment!

What Is Good Posture?

Posture refers to the position(s) of a person's body in space. Through the alignment of spine joints in relation to one another, we can move more freely and perform daily activities comfortably.

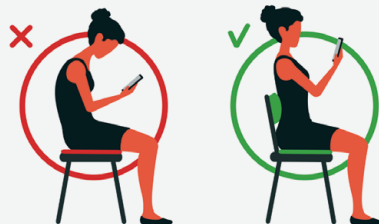
The awareness of the positions we hold our body in is based on our nervous system's feedback and depends on the activities we do. This feedback helps us find and keep the alignment of the spinal joints over one another. Postural control refers to building up posture against gravity and ensuring that balance is maintained.

There are specific 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 the end of a shift or the end of a workday.
- The pain frequently starts in your neck and moves into your upper and lower back.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain 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 postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a straight posture to be challenging. This struggle is because your muscles and nervous system have grown accustomed to the slouching postures.

Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.



How Physical Therapy Can Help Your Posture

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. At Idaho Spine & Sports Physical Therapy, our physical therapists will guide you 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.

1. Education

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore back and neck. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It seems small, but consistently it has been shown to help!

2. Advice to stay active

We know that prolonged postures often lead to pain. Your physical therapist can help you identify modifications to your posture to ensure you are changing your position frequently.

3. Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes spine mobility exercises, "proper" postural exercises, or strength exercises.

The McKenzie Method is an effective technique in identifying movements and positions to provide you with relief and is often used for home exercises. One of the most effective tools in the McKenzie method is lumbar rolls to ensure proper sitting posture.

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What To Expect At Physical Therapy

Physical therapy is a type of healthcare treatment that aims to help people recover from injuries, illnesses, or chronic conditions that affect their physical function and mobility. Here's what you can expect at a physical therapy session:

- 1. Initial Evaluation:** The physical therapist will assess your medical history, current condition, and physical capabilities to develop an individualized treatment plan tailored to your needs.
- 2. Treatment Plan:** Based on your evaluation, the physical therapist will develop a treatment plan that may include exercises, stretches, electric stimulation, ultrasound, and traction to help reduce pain, increase strength and flexibility, and improve your overall function. Your physical therapist will also perform strategies like joint mobilization, soft tissue massage, fascia stretching, tissue lengthening, dry needling and ASTYM.
- 3. Active Participation:** Your active participation is essential to achieving successful outcomes. You will be expected to actively participate in your therapy sessions, perform the prescribed exercises and stretches, and provide feedback on your progress.
- 4. Progress Monitoring:** Your physical therapist will regularly monitor your progress and adjust your treatment plan accordingly. They will also provide you with education and guidance to help prevent future injuries and maintain your progress.
- 5. Gradual Improvement:** Physical therapy is a gradual process that requires patience and commitment. Your progress may not always be noticeable from session to session, but with consistent effort, you should start to see improvements in your physical function, mobility, and overall well-being.

Physical therapy is a collaborative effort between you and your physical therapist. With the right treatment plan and a commitment to your recovery, physical therapy can help you regain your physical function and improve your quality of life.



Congratulations to the team for the 10th running award in a row!

Congratulations on winning the award for Best Physical Therapy! This recognition is a testament to our team's hard work, dedication, and commitment to excellence in their field. Their expertise, professionalism, and compassionate care have undoubtedly made a significant impact on others' lives.

"Thank you for choosing Idaho Spine and Sports Physical Therapy as your physical therapist and for the trust and support you have shown us throughout your therapy journey. It has been a privilege to work with you and witness the progress you have made in achieving your therapy goals."



THANK YOU TEACHERS!

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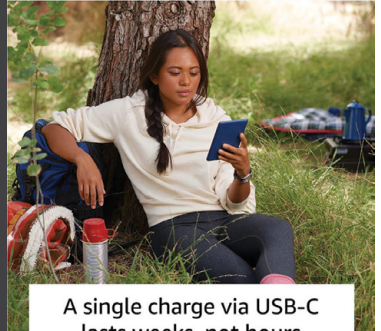
Refer a Friend Prize Drawing To Win a Kindle!

April 1-June 30, 2023

Enter a chance to win a new Kindle each time you refer a friend or family member! We will enter your name into the drawing at each one of our 4 locations for multiple winners!

We look forward to serving you and your loved ones on your journey to health this year!

Thank you!



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Get Your Life Back with Idaho Spine & Sports

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

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Clinic Hours
Monday - Friday | 7AM - 7PM

