



HOW TO RELIEVE YOUR BACK PAIN BY FIXING YOUR POSTURE

Read more inside on How to Relieve Your Back Pain by Fixing Your Posture, the Exercise of the Month, and Intimidated By The Gym? Try These Tips.

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464

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 Darien 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, or lie down. Fortunately, Darien Physical Therapy can help. We'll determine the cause of the pain so you can get back to living your life comfortably!

If you have been noticing persistent pains in your back, don't hesitate to contact us today!

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 Darien 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.



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

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



Take responsibility for your pain & get the help you need today!

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Sources:
<https://www.nlm.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3305309/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC389545/>



EXERCISE OF THE MONTH POSTURE SQUATS FACING WALL

Start by standing facing a wall with your feet just outside hip-width apart and your toes pointed slightly out. Slowly bend at your hips and knees to lower your butt toward the ground without hitting the wall. Make sure to keep your heels down. Drive through your heels to stand back up straight. Step closer to the wall if possible or farther if needed. 3 sets, 10 reps.



Life is too short to not feel your best. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!

INTIMIDATED BY THE GYM? TRY THESE TIPS

While some people struggle to exercise regularly due to pain or busy schedules, many more find themselves holding back for one simple reason: going to the gym is intimidating.

At Darien Physical Therapy, we strive to create a welcoming, inclusive environment for all our patients. But we also understand that going to a physical therapy clinic is quite different from going to a gym, where you often have little to no guidance about etiquette, exercise equipment, and more.

Fortunately, our physical therapists can offer a few simple tips for overcoming gym intimidation:

- 1. Take a few deep breaths.** Deep breathing exercises can help calm your nerves before entering the building. Find a quiet space (your car, an empty corner in the locker room) and take five deep, steady breaths before you start your workout.
- 2. Don't leave your cell phone in your locker.** We often see our cell phones as needless distractions—but in the gym, that distraction can help soothe anxiety. One study



found that cell phone usage during a workout filters out environmental stressors (like that super-buff guy lifting weights beside you). So consider this permission to load up your favorite podcast and plug in your earbuds!

- 3. Know before you go.** When you walk into a gym, you're met with a maze of cardio and weight machines, free weights, and lots of mirrors. Figuring out a workout program before you step through the doors will help take some of the pressure off. Our physical therapists can help, offering guidance on specific exercises, workout plans, and equipment and gym etiquette instruction.

Gym intimidation is a genuine phenomenon—and the team at Darien Physical Therapy is here to help combat it! **Call us today to learn more.**

Sources: <https://www.tandfonline.com/doi/abs/10.1080/1612197X.2020.1739108>, https://journals.lww.com/ptbmr/fulltext/2019/09000/effectiveness_of_diaphragmatic_breathing_for_6.aspx



WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our Google Review page? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



FEEL BETTER BY EATING BETTER HEART HEALTHY HUMMUS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!