

CUTTING EDGE

PHYSICAL THERAPY

APRIL 2018

POSTURE

“Correcting your posture is a key component to eliminating neck, shoulder, and spine pain.”

Toni Allison, PT, DPT

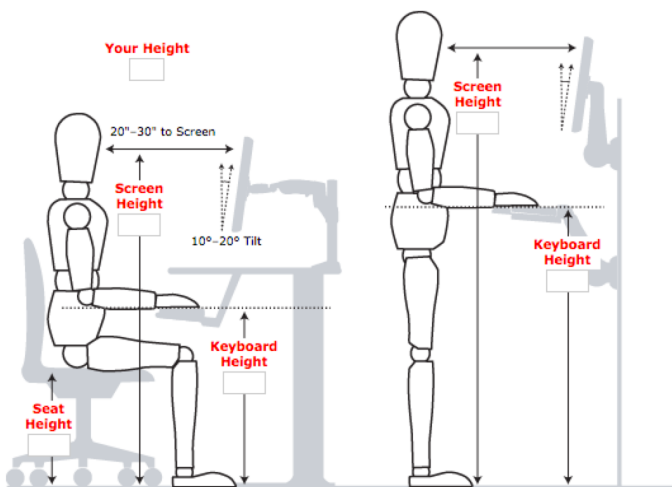


Photo from NeoGAF

Significance of Good Posture:

- Stress is properly distributed to intended muscles and ligaments
- Decreased wear and tear on joints
- Decreased risk of joint discomfort and degenerative arthritis
- Vital organs are properly placed and nervous system is able to function normally

Causes of Bad Posture:

- Weak core muscles
- Sitting too long
- Obesity
- Pregnancy
- Unsupportive footwear

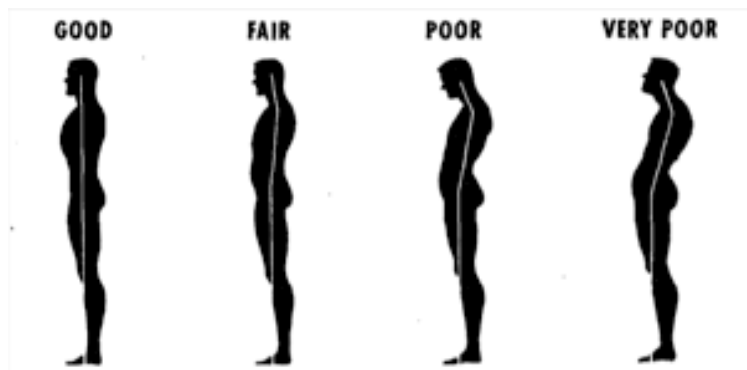


Photo from LifeHacker

HELP YOUR POSTURE!

Wall Angels



Photo from Freeman MFG Co.

Set Up:

- Begin with your back against a wall in a mini-squat position.
- Gently, pull your lower abdominals in towards your spine, without holding your breath.
- Raise your arms out to the side with your elbows bent to 90 degrees, and rest them against the wall.

Movement:

- Slowly slide your arms straight up the wall, then lower them back to the starting position and repeat.

Tips:

- Make sure to keep your back and arms in contact with the wall the whole time.
- Do not shrug your shoulders or arch your lower back during the exercise.
- Only raise your arms as far as you can without causing pain.
- Keep your lower half still the whole time.