

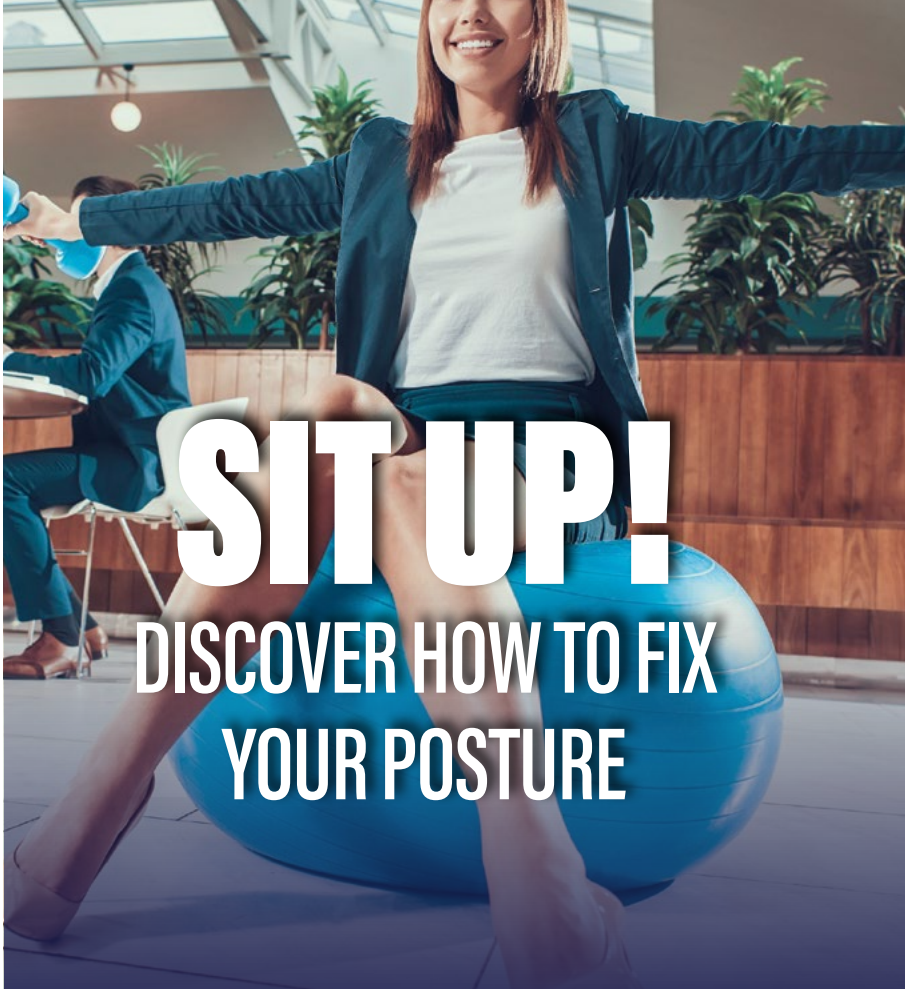


Advantage-Physical-Therapy

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# NEWSLETTER



# SIT UP!

## DISCOVER HOW TO FIX YOUR POSTURE

**INSIDE:**

What Can Physical  
Therapy Do For Me?

Patient Success  
Spotlight

Exercise  
Essentials

# NEWSLETTER

## WHY DO I HAVE POOR POSTURE & HOW CAN I FIX IT?

COME BACK TO PHYSICAL THERAPY

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day leave you hunched over and ready to leave?

If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of physical therapy. Contact Advantage Physical Therapy today to learn more about how we can improve your posture and lead a pain-free, active life!

**How did my posture become poor?** According to the American Physical Therapy Association, "posture is the alignment and positioning of the body in relation to gravity, center of mass, or base of support."

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in bad posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

**But I exercise - shouldn't this help?** Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.



**CALL US TODAY!**

**Redmond: 1-425-437-3554 | Sammamish: 1-425-307-5504**

**CALL US TODAY TO SCHEDULE  
AN APPOINTMENT!**

[www.AdvantageSportsTherapy.com](http://www.AdvantageSportsTherapy.com)



**Advantage-Physical-Therapy**

**WE MAKE IT EASY TO LEAVE A REVIEW!**

**INSTRUCTIONS:**

- 1. Open your smartphone to the camera app**
- 2. Center the QR code above in the frame**  
*(this will take you directly to our Facebook Review page)*
- 3. Tell us how we've done!**



## WHAT CAN PHYSICAL THERAPY DO FOR ME?



Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture. At your initial evaluation, your physical therapist will perform functional testing in order to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan, tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. In fact, in a study published by the National Institutes of Health, exercise for postural improvement was proven to be successful, both in enhancing posture and improving pain among patients.

Titled, "Effect of an exercise program for posture correction on musculoskeletal pain," this study followed 88 patients through their exercise program. By simply incorporating 20 exercise sessions into their daily schedule 3 times a week for 8 weeks, these patients reported "lower [pain levels] after the exercise program than before the

program, and significant differences in pain levels were noted in the shoulders, middle back, and lower back." Results also concluded significant improvement in posture, especially during sedentary work.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and (most importantly) relieving pain.

**How can I get started?** If you are experiencing back pain, your posture may be to blame. Fortunately, Advantage Physical Therapy is ready to help you begin your journey toward long-lasting pain relief. Find out for yourself why physical therapy is one of the most effective ways to address your posture issues and corresponding back pain, so you can start on the road to recovery. **Contact our office today to schedule a consultation, and figure out how physical therapy can help make you "posture perfect!"**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>  
<http://guidetopractice.apta.org/content/1/SEC23.extract>



## STAFF SPOTLIGHT:

ALISON THOMPSON, PATIENT CARE COORDINATOR

Alison has experience in the physical therapy field for over 7 years as both a Patient Care Coordinator and a Licensed Massage Therapist. She is originally from Northern Virginia and has been living in the Seattle area since 2018 with her husband Allen, their dog Huey and two cats Ida and Ping. Alison earned her bachelor's degree from Sienna Heights University for Applied Health Sciences and Massage Therapy in 2019. She has been an avid yoga student since she was 16 and earned her Yoga Teacher Certification in 2020. Alison enjoys spending her spare time close to nature whether it is hiking with her dog or scuba diving in the Puget Sound with her husband.

## EXERCISE ESSENTIALS

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

### WALL POSTURE

Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time. Hold for 20 seconds and repeat 10 times.

EXERCISES COPYRIGHT © OF  
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Advantage-Physical-Therapy



## DISCOVER MORE ABOUT ADVANTAGE PT ON FACEBOOK!

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy Washington, and more!

1. Open your smartphone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Facebook Page)

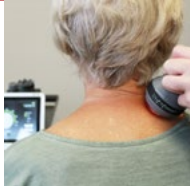


## BENEFITS OF LASER THERAPY

The Light Force laser system has been clinically proven to relieve pain associated with injuries, accidents or surgeries. Light Force Therapy has been used for years by physical therapists and athletic trainers working with professional athletes who have been injured.

Laser therapy effectively treats lower back pain, neck pain, arthritis, bursitis, carpal tunnel syndrome, tennis elbow, plantar, and sciatica. It can also be used to treat sports injuries, sprains and strains, or other soft tissue injuries throughout the body. Anywhere there is pain or injury, laser therapy can help. Even older injuries that have not healed properly can be improved with this type of physical therapy service.

If you are experiencing pain in any part of your body, laser therapy may be right for you. Contact us today for a consultation and let our physical therapist assess your situation. Start living the life you deserve, pain free.



## Patient Success Spotlight

### "No cortisone is needed now!"

*"I was referred here for hip/groin pain that had been chronic for 8-10 months - and as a last-ditch resort before getting a cortisone injection in the hip/ groin (ouch!). No cortisone is needed now. Yea! My therapist was Rachel Stoner, and I would rate her and the office a 5+! I was very impressed and grateful that I was referred to her. Rachel's approach is one of listening, carefully evaluating, and proposing a series of incremental steps/exercises to alleviate the pain and strengthen the weak area. She evaluates (and adjusts) with every visit. What I liked about Rachel was her thoughtful explanations on what (might) be causing the pain (new and old) and why the exercise will help. Understanding the "whys and what for" is huge for follow-up and compliance. Taking the time to listen and offer new ideas shows that she cares about your recovery. I feel the other therapists in-office are probably like-minded, too. (Covid safety protocols were in effect and one feels very safe in their office!)" - Charlene N.*

Are you in pain? Have you sustained an injury?  
Give your physical therapist a call today!

**REDMOND: 1-425-437-3554**

**SAMMAMISH: 1-425-307-5504**