



# NEWSLETTER

## FREE WORKSHOPS FOR YOUR WORKPLACE

Did you know that the Kinetix Physical Therapists can come to your workplace and present a free workshop? We customize our workshops based on the individual workplace needs.

- Back Pain
- Neck Pain
- Posture
- Shoulder Pain
- Workplace Ergonomics
- Customized Workshops

Business owners and their employees rave about our interactive workshops, topics and live demonstration. The Kinetix Physical Therapists are experts in healing all types of joint and muscular pain naturally, without medication, injections or surgery. At the workshop, they will talk about the common causes of joint and muscular pain and show you exactly how you can heal your pain and get back to the things you love (and used to do).



**BUSINESS OWNERS** - If you think your employees would benefit from our workshops, email our workshop coordinator and he will set this up for you.

**EMPLOYEES** - If you think your co-workers would love to participate in our workshops, James will be glad to talk to your employer.

Email James at [jmcdavid@kinetixpt.com](mailto:jmcdavid@kinetixpt.com) to start planning your workshop today!

*"I work at a local business and Kinetix provided our employees with a FREE workshop focusing on neck, shoulder, and back pain. Amazing!! Dr. Scott Eddins was kind enough to take an hour to provide a very informative & awesome presentation for our staff. I HIGHLY recommend Kinetix if you want your employees to benefit from one of their informative and awesome workshops!!" — Mandy*

How Physical  
Therapy Can Help  
Your Posture

What To Expect  
In Physical  
Therapy

Don't Keep  
Your Success A  
Secret!



# NEWSLETTER

## HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

CALL 352.604.3367 TODAY TO COME BACK TO PHYSICAL THERAPY

Do you catch yourself slouching at your desk throughout the day? Do you notice your spine gets sore those last couple of hours of the workday? If you are experiencing aches and pains, especially in your neck or back, your poor posture may be to blame. Most of us spend our day commuting to work in our car, staring at a computer screen, or looking down at our phones. These slouched postures with our heads tilted forward or looking down cause stress to the muscles and joints of the neck, shoulders, and back.

The worse your posture is, the more intense your back, neck, and shoulder pain can become. Fortunately, your posture can improve with the help of physical therapy. Call Kinetix Physical Therapy today to learn more about how you can improve your posture and lead a pain-free, active life!

### WHAT ARE THE NATURAL CURVES OF YOUR SPINE?

Our spines are made up of four natural curves: the cervical, thoracic, lumbar, and sacral. When the spine is in its natural position, the vertebrae stack up over one another, and we call this "good posture" or sometimes "neutral spine."

These natural curves, along with the intervertebral discs, absorb and distribute stresses from everyday activities such as sitting, standing, walking, or more intense activities such as running and jumping. When you slouch, the spine in your neck and lower back becomes straighter, while the upper back and shoulders become excessively rounded. This produces a forward-head posture,

humped upper back, and flattened lower back. Ideally, our postures will change depending on our activities. Unfortunately, we often sink into poor postural habits and lose the natural stacked position our spines were designed to have.

### WHAT ARE THE MOST COMMON PROBLEMS WITH BAD POSTURE?

Very few people have perfect posture. We become so wrapped up in whatever tasks we are doing that we forget to think about how we are holding our bodies. Most people ignore their posture until they begin to notice aches and pains. Improper posture isn't due to laziness but is generally due to bad habits or, at times, a physical weakness within our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. We slouch and slump when we get distracted or due to the design of our comfy couches and chairs.

Your body is designed to align perfectly to allow for proper movement of your muscles/joints. When your spine is not stacked in the natural posture, it can affect how we use our arms for reaching and working at our desks. Over time the sustained postures will affect the muscles needed to keep you upright and functioning at your best. If poor posture continues, it often leads to chronic back and neck pain. Poor postural habits can also affect your shoulders, especially reaching overhead, and overuse type injuries (i.e., tendinopathy). In more severe cases, the slouched posture can affect how you walk and negatively affect your balance.

# WHAT TO EXPECT IN PHYSICAL THERAPY

CALL 352.604.3367 TODAY TO SCHEDULE AN APPOINTMENT!

Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

Physical therapists are movement experts, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

## HERE ARE A FEW STEPS YOU CAN TAKE:

### **Limit how long you sit at your desk or computer station:**

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time.

### **Find your natural posture:**

The spine does not like to remain in one position for extended times. By finding your natural posture, you can counteract the slouching you do throughout the day. Start by lifting your breast bone (i.e., sternum) towards the sky. This will naturally cause your spine to straighten out into your natural posture.

### **Start strength training:**

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Train the muscles of your hips, pelvis, and spine--your core muscles--to help your posture.

Also, working on the muscle of the upper back, including shoulder blade muscles, can assist in the functioning of your arms and help minimize neck pain and dysfunction.

## CONTACT US FOR AN APPOINTMENT

As part of your physical therapy treatment, we can teach you to find your natural posture at work and protect your body from future pain and injuries. Contact Kinetix Physical Therapy today to learn more about how we can help your posture and alleviate your pain!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • [https://pubmed.ncbi.nlm.nih.gov/31789300/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/)



## Exercise Essentials

### CERVICAL RETRACTION

Sit in a chair with good posture and your feet flat on the floor. Press your fingers into your chin until you feel a stretch in the back of your neck. Hold for 15 seconds and repeat 3 times.



Come back to physical therapy by calling 352.604.3367

WWW.KINETIXPT.COM

# GET HELP AT OUR FREE WORKSHOPS

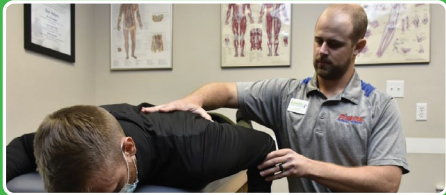
## BACK PAIN & SCIATICA:

1. Do you have pain when you stand, walk, or sit?
2. Do you experience pain shooting down your buttocks or leg?
3. Learn about the 3 most common causes of back pain and how to fix it.

## SHOULDER PAIN:

1. Do you have pain when reaching overhead or behind you?
2. Is your shoulder pain keeping you awake?

**THESE FREE WORKSHOPS ARE COMING SOON!** If you have answered YES to any of these questions, then one of these FREE workshops may be a life-changing event for you or a loved one. Learn about the common causes of joint pain and how our diagnostic ultrasound, EMG and Nerve Conduction tests can find the root cause of it.



*Our clinic is following CDC and local guidelines to keep you safe by limiting the number of attendees. Register now at 352.604.3367 or [kinetixpt.com](http://kinetixpt.com).*

Coming Fall 2022  
To Arbor Greens-  
Jonesville!



Don't Keep Your  
Success A Secret!

Leave a review for our practice & help us connect with the community. We make it easy to leave a review! Scan the code with your camera app, and post your success story on our Google Reviews page.



**kinetix**  
PHYSICAL THERAPY

**ARE YOU IN PAIN? HAVE YOU SUSTAINED  
AN INJURY? GIVE US A CALL TODAY!**

**352.604.3367**