

HEALTH & WELLNESS



NEWSLETTER

WORKING FROM HOME CAN TAKE A TOLL ON YOUR POSTURE!

WISHING YOU & YOUR FAMILY

A HAPPY & HEALTHY

Holiday Season!

Maintain Proper Posture At Home

Decrease neck and back pain by following tips on improving your posture.

Exercises To Improve Posture

Discover exercises to improve your posture at home.

Work Towards Relaxation With A Healthy Lifestyle

Follow these tips to discover more relaxation.

WWW.MARKETPLACEWELLNESSCENTER.COM

CALL US TODAY 951-684-2874

HEALTH & WELLNESS



NEWSLETTER



DOES YOUR BACK OR NECK HURT
FROM SLOUCHING ALL DAY? SEEK
RELIEF WITH MARKETPLACE
PHYSICAL THERAPY

USE YOUR BENEFITS BEFORE YOU LOSE IT

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Let us help you get a head start for 2021. **Call us today to schedule an appointment with one of our physical therapists.**

WWW.MARKETPLACEWELLNESSCENTER.COM



MAINTAIN PROPER POSTURE AT HOME

Most of us have unfortunately had to adjust our work schedules and normal lifestyles as a result of the havoc wreaked by the pandemic. Sitting at home constantly, whether you're working remotely, or homeschooling the kids, can cause way more damage than you may be aware of.

You're not alone, and it's never too late to get your pain condition under control. Contact Marketplace Physical Therapy today to learn more about how physical therapy can help relieve painful symptoms developed during quarantine.

The Most Obvious Cause of Neck & Back Pain. In many cases, we can sum it up to one common factor: hunching/slouching so much while working at home during quarantine. Your posture affects how your body moves - whether you're sitting, standing, walking, running, jumping, or performing pretty much any other task throughout the day. Below is a list of things you can do each day to make sure you're maintaining proper posture, and therefore, decreasing your chances of developing neck and back pain:

- **Create an ergonomic workspace.** One way to reduce the chances of developing poor posture is to make sure your at-home work environment is ergonomically designed. You should have a chair with good lumbar support, and your monitor should be at eye level to reduce strain and craning your neck forward.

- **Get up and move around!** Remaining in the same position for a long time can cause your muscles to become tense and fatigued. Take breaks during your workday to get up and take a walk or do some stretches.



EXERCISES TO IMPROVE POSTURE

PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 seconds then return to start position. Repeat 8 times.

Loosens lower back



REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat 10 times.

Improves posture



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.

Stretches neck



RIVERSIDE
3191 B. Mission Inn Ave.
Riverside, CA 92507

RIVERSIDE / CORONA
4270 Riverwalk Pkwy
Riverside, CA 92505

CHINO
14682 Central Ave
Chino, CA 91710

REDLANDS
500 N. Orange St.
Redlands, CA 92374

BEAUMONT
1620 E. 2nd St.
Beaumont, CA 92223

Work Towards Relaxation With A **HEALTHY LIFESTYLE**



TAKE TIME FOR YOURSELF



BE KIND



DO A DIGITAL DETOX



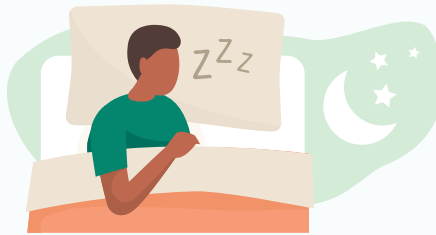
PRACTICE MINDFULNESS



PLAN A HEALTHY DIET



BE SOCIAL



GET ENOUGH SLEEP



EXERCISE REGULARLY



TAKE BREAKS DURING WORK HOURS



BE IN NATURE

