

HEALTH & WELLNESS



NEWSLETTER

HOW POSTURE AFFECTS NECK & BACK PAIN

START YOUR PATH TOWARDS RECOVERY



How Physical Therapy Can Help Your Posture

Correct your posture with the help of physical therapy.

The Difference Between Health & Wellness

Understand the difference between health and wellness.

Staff Spotlight

Get to know our therapist as we show appreciation for our staff.

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NEWSLETTER

DISCOVER NECK & BACK PAIN RELIEF BY CORRECTING YOUR POSTURE PHYSICAL THERAPY CAN HELP



Have you noticed your back and neck seem more sore and stiff at the end of a long day? Poor posture is likely the source of that soreness. The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once your body gets used to poor posture, it becomes more challenging than simply squaring your shoulders or pinching your shoulder blades together. The good news is that with guidance from Marketplace Physical Therapy physical therapists, you train the muscles in your back and neck to correct your posture and bring relief to your neck and back pain. Call today to make an appointment!

What is good posture? Posture refers to the position(s) of a person's body in space. Through the alignment of spine joints in relation to one another, we can move more freely and perform daily activities comfortably. The awareness of the positions we hold our body in is based on our nervous system's feedback and depends on the activities we do. This feedback helps us find and keep the alignment of the spinal joints over one another. Postural control refers to building up posture against gravity and ensuring that balance is maintained.

There are specific ways that you can tell if neck or back pain may be a result of poor posture, including:

- The pain in your back is worsened at the end of a shift or the end of a workday.
- The pain frequently starts in your neck and moves into your upper and lower back.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain develops soon after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

After years of practicing poor postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a straight posture to be challenging. This struggle is because your muscles and nervous system have grown accustomed to the slouching postures. Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

(continued inside)

HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

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Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. At Marketplace Physical Therapy, our physical therapist will guide you through a series of stretches and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain.

Education. Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore back and neck. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It seems small, but consistently it has been shown to help!

Advice to stay active. We know that prolonged postures often lead to pain. Your physical therapist can help you identify modifications to your posture to ensure you are changing your position frequently.

Exercise therapy. A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes spine mobility exercises, “proper” postural exercises, or strength exercises.

The McKenzie Method is an effective technique in identifying movements and positions to provide you with relief and is often used for home exercises. One

of the most effective tools in the McKenzie method is lumbar rolls to ensure proper sitting posture.

What to expect at physical therapy. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. According to research on back and neck pain, physical therapy treatments effectively improve your posture and improve your pain levels. Your therapist will teach you with strategies like:

- **Stand tall whenever you are standing or walking.**
- **Use support when you sit to keep your posture correct.**
- **Maintain a straight spine when you lift heavy objects.**

Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

Contact our clinic today. Addressing your posture early on is the best way to prevent an issue from becoming more debilitating. Contact Marketplace Physical Therapy today to learn more about how you can take steps to start improving your posture today.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
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THE DIFFERENCE BETWEEN HEALTH & WELLNESS

August is National Wellness Month and it is important to not only prioritize your physical health and wellness, but also your mental wellness. You’ve most likely recently read about the importance of maintaining your health and wellness. However, health and wellness are two different things!

Being in good health can be described as the absence of physical diseases or illnesses as well as mental and emotional issues such as anxiety and depression. Your overall health pertains to your physical body and how effectively it functions—or does not.

Nutrition and exercise determine how healthy you are and how likely you are to develop acute or chronic illnesses. Factors such as genetics (having a family history of diabetes, weight gain, or other conditions) can also affect your health – you may be predisposed to some conditions more than others.

Focusing on your overall well-being, in particular, can help you maintain good health for the rest of your life! For example, you may be physically fit and disease-free, but your emotional health is deteriorating. “Wellness” refers to a healthy lifestyle that promotes happiness and satisfaction.

Being “well” does not depend on your health or your conditions. Wellness focuses on continually seeking balance in all aspects of your life, including your body, career,



relationships, emotional well-being, and so much more! Your health and wellness work together to help you achieve a high level of well-being.

Working on getting your health and wellness in line together should be a high priority for you. Monitoring what you’re eating daily, how much sleep you’re getting, what your hobbies and interests are, and how much exercise you participate in can help you to stay healthy and keep a pulse on your wellbeing.

STAFF SPOTLIGHT



Dr. Rachael Keast, PT, DPT

Meet Dr. Rachael Keast! Dr. Keast received her Bachelors of Science from California State University of Fresno. She then received her Doctorate in physical therapy at Loma Linda University. Dr. Keast's long list of clinical experience includes in-patient rehab at Loma Linda Hospital with an emphasis on dramatic brain injuries, spinal cord injuries, and Cerebrovascular accidents (commonly known as stroke patients), out patient orthopedics and sports medicine.

Dr. Keast shows a special interest in stroke patients. One of the most rewarding aspects of her career is assisting stroke patients in their recovery and witnessing monumental changes in the smallest of movements. Rachael suffered from a fourth metacarpal spiral fracture where she then had three pins placed in her left hand, ultimately this incident is what led Dr. Rachael to the physical therapy field. During Rachael's clinical rotation she had the privilege of working underneath our very own Dr. Courtney Ellstrom, at our Beaumont location. It is there where Dr. Keast gained a wealth of information and skills, and truly fell in love with the field of physical therapy.

This upcoming year Rachael strives to train and participate in a half marathon. In the future, Dr. Keast dreams of assisting with the training of an olympic athlete. Originally from the Bay Area, Rachael loves the outdoors, she enjoys spending time with her family, camping, running, and crossfit.

MEET THE NEWEST MEMBER OF THE MARKETPLACE FAMILY

Meet the newest member of the Marketplace Family, THE GOLDEN CHICK! Follow along with us as the Golden Chicken trophy travels month to month to the clinic that receives the most reviews. Marketplace now has over 1,300 five star reviews! Your reviews help us TREMENDOUSLY! Thank you for taking the time to provide your feedback, we appreciate you! Congrats to our Redlands clinic!! The very first winner of the Golden Chick trophy! Welcome home Golden Chick! Follow us on Instagram @marketplacephysicaltherapy to see where the Golden Chick will travel next!

