



## HOW TO RELIEVE YOUR BACK PAIN BY FIXING YOUR POSTURE

Are you able to maintain your posture throughout the day? Do you catch yourself slouching frequently? If you notice daily or persistent aches and pains in your back, your posture is likely contributing to the problem. At Marketplace Physical Therapy, our physical therapists can help identify the source of your pain and whether or not your posture is part of the problem. We offer solutions that work no matter what is causing your back pain!

When your posture is incorrect, it can cause stress on your back, resulting in pain, inflammation, or dysfunction. Back pain is the most commonly reported area of pain and often leads to significant limits to one's daily life. It is estimated that up to 70%-80% of adults experience lower back pain at some time in their lives.

If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, or lie down. Fortunately, Marketplace Physical Therapy can help. We'll determine the cause of the pain so you can get back to living your life comfortably!

If you have been noticing persistent pains in your back, don't hesitate to contact us today!

### **Poor Posture Is Common And May Be The Cause Of Your Back Pain**

Very few people have perfect posture, and most people use bad postural habits in one way or another. We become so

wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Poor posture is one of the most common causes of back pain. It's common for people to slouch at their desks, lean forward to read emails, or just slump on their couch while watching T.V. Too often, these are all things people do subconsciously without realizing the toll it takes on the body.

Your posture affects how your body moves - whether you're sitting, standing, walking, running, or performing pretty much any other task throughout the day. Your posture may also change depending on what you are doing - perhaps your posture when you stand is perfect, but when you sit at a desk, your body begins to hunch and fold in ways that it is simply not supposed to.

Poor posture isn't due to laziness or apathy; instead, it generally has something to do with our bodies' habits or physical weakness. Even if you exercise regularly, there may still be weak muscles or compensations contributing to poor posture. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an essential role in your posture. If even one of these is weak, your posture may suffer.

# PAIN FREE HORIZONS: CONQUER YOUR BACK PAIN!

## Find Relief For Your Aching Back With Physical Therapy

Physical therapy is a great way to regain normal posture. At Marketplace Physical Therapy, our physical therapists are experts in movement and excellent resources to have when trying to achieve your physical performance goals. We will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, we will start by conducting functional testing to identify weaknesses contributing to your posture and causing your back pain. In addition, we will identify any mobility changes in your spine that may influence how you hold your body when you sit, stand, or move.

Our customized treatment plans are tailored to your specific needs and typically include manual therapy and targeted stretches and strengthening exercises to alleviate pain and regain proper postural habits.

Your physical therapist may add treatments, such as ice and heat therapies, ultrasound, or electrical stimulation as appropriate. Find out for yourself why physical therapy is one of the most effective ways to address your back pain and start on the road to recovery and improved posture.

## Steps To Improve Your Posture On Your Own

Poor posture can be challenging to overcome. The more you practice proper posture, the easier it will become. Here are a couple of tips you can try at home:

**Sit properly:** Start by scooting your buttocks to the back of the chair and sitting back against the backrest of the chair. Using lumbar support can help you maintain the upright position.

**Take breaks:** It is vital to make sure that you get up every 30-45 minutes and take a short walk, at least for a minute or two. Changing your positions can prevent the slouched posture from becoming your default posture.

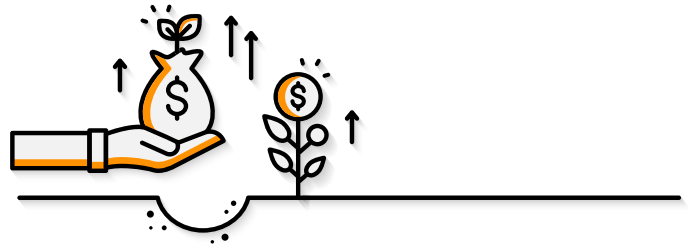
Sometimes the most helpful solution is to avoid the problem from the beginning. Starting in a good posture and taking frequent breaks can eliminate the pain associated with poor postural habits.

## Schedule an appointment today

Contact Marketplace Physical Therapy today to schedule a consultation and figure out how physical therapy can help your posture!

## YOUR PHYSICAL THERAPY COULD BE FREE

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at Marketplace Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!



**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**

**951-684-2874**

# VISIT A CLINIC NEAREST TO YOU!

**Riverside** 3191 Mission Inn Ave. Ste B  
Riverside, CA 92507  
951.494.4499  
*\*Located inside Anytime Fitness*

**Riverside/Corona** 4270 Riverwalk Parkway, Ste 114  
Riverside, CA 92505  
951.319.2482  
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**Chino** 14682 Central Ave  
Chino, CA 91710  
909.352.4705

**Redlands** 210 E. Citrus Ave.  
Redlands, CA 92373  
951.349.4741

**Beaumont** 1620 E. 2nd St.  
Beaumont, CA 92223  
951.482.8264

# EXERCISE ESSENTIALS

## ANGEL ON BACK

Try this to strengthen your upper back and shoulders

Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.



Stretches back

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

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT  
story and leave your review.  
We look forward to hearing  
from you!

★ REVIEWS



## HEALTHY RECIPE

### PEANUT BUTTER OAT BALLS

#### Ingredients

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini baking M&M's or mini chocolate chips



#### Directions

Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky.

When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set.

Can now place balls in an airtight container in the refrigerator and eat at your leisure. Enjoy!

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



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*\*located inside Anytime Fitness*

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