

# JERSEY CENTRAL

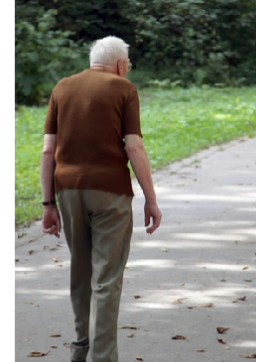
## PHYSICAL THERAPY FITNESS

### Physical Therapy and your Posture

Poor posture is a direct consequence of your habits. Poor posture can make you look older in appearance without the slightest hint to your actual age. It's likely that you may have poor posture and not know it, unless a family member or your physical therapist points it out.

We have been able to determine five causes of poor posture:

1. **Bad Habits:** Poor sitting at work or home (i.e. hunched over a computer, slouched in a couch), standing with uneven weight distribution, leaning forward with a rounded back tend to add up and cause a permanent, unnatural position of your spine. "Bad" posture becomes "normal".
2. **Injury:** You may slouch if you have injured your neck, shoulder or back.
3. **Stress:** Undergoing physical and/or mental stress can be exhausting on your body. Many people, when stressed, switch to shallow breathing affecting overall body posture triggering pain.
4. **Genetics:** Unfortunately, poor posture can be passed from generation to generation.
5. **Shoes:** Comfortable supportive shoes are essential to reduce stress and pain on your legs and back. This is not just limited to the gym, running, or sports, but for all periods of standing, walking, or moving in general.



Overcoming poor posture can be challenging, especially if it's been a long time in the making.

### There are proper tips and techniques to keep you from getting injured:

- Warm up prior to exercise or physical exertion.
- When pushing, pulling, or lifting use your legs. Do not rely on your back for power.
- To lift a box, bend your knees and pull the box close to your stomach. If the box is on the floor, don't bend over to pick it up; even light boxes pose a risk if they are picked up incorrectly. With any activity, it is always a good idea to keep your back a little arched. Do not bend and twist. This creates stress on your back.

Poor posture can also be an indicator of a more serious condition such as scoliosis (spinal curve). It may be present from birth, or it may develop over time, although in most cases, its true cause is not fully understood. Scoliosis can be very painful because it causes misalignment throughout the entire body. It may be diagnosed as the result of rib, hip and shoulder problems, muscle variations in the back, or nerve dysfunction.

Overall, the best way to prevent needless injury is by using common sense and maintaining good posture. This is exactly where we can help you. We will examine you to determine exactly what must be done to help restore muscle balance and proper joint alignment.

We will design a precise, targeted exercise plan (and tips on exercises to avoid) to restore optimum posture. We will also teach you the correct ways to sit and stand, move and lift items, get in and out of bed and exercise / breathing techniques to minimize strain on your joints. Give us a call today and take advantage of our knowledge and expertise. We will teach you the right methods to look 'posture perfect'. Our system is a proven solution for poor posture and its associated aches and pains.

### PLEASE CONTACT US FOR MORE INFORMATION:

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