



## HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

Do you catch yourself slouching throughout the day? Do you notice your spine gets sore those last couple hours of the school or 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 staring at a computer screen, riding in our car, 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 and back.

The worse your posture is, the more intense your back and neck pain can become. Fortunately, your posture can improve with the help of physical therapy. Call Atlanta Human Performance Center 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 becomes 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. We slouch and slump when we get distracted or due to the design of our comfy couches and chairs. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Over time the sustained postures will affect the muscles needed to keep you upright and functioning at your best. Your body is designed to align perfectly to allow for proper movement of your muscles and joints. When your spine is not stacked in the natural posture, it can affect breathing, digestion, and blood circulation.

Visit Us Online [ahpcpt.com](http://ahpcpt.com) or Call Today **404.346.1526**



If poor posture continues, it often leads to chronic conditions like back and neck pain. Poor postural habits can also affect your shoulders, especially reaching overhead. In more severe cases, the slouched posture can affect how you walk and negatively affect your balance.

## WHAT TO EXPECT IN PHYSICAL THERAPY

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.

Here are a few steps you can take to have an immediate impact:

### Limit how long you sit

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 any 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 which will lift you 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.

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.

## CONTACT US FOR AN APPOINTMENT

As part of your physical therapy treatment, we can teach you to find your natural posture to protect your body from future injuries and make sure you stay healthy!

Contact Atlanta Human Performance Center today to learn more about how we can help you live pain-free!

## 5 Simple Tips For Summer

---

### 1. Get outside!

Make your way over to your local pool, peruse around nearby shops, or simply take a walk around the neighborhood to get out, get moving, and enjoy the weather!

### 2. Rearrange your schedule.

Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

### 3. Get healthy for your summer team.

At Atlanta Human Performance Center, we also offer training and performance classes to train your body for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.

### 4. Start something new!

Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Any new physical hobby will help you get the exercise you need.

### 5. Contact us for help.

If you find yourself in any sort of pain, or if you'd simply like some extra motivational assistance, don't hesitate to contact us.





# HEALTH TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

## Supplement Advice From A Dietician

Are you hoping to get healthier and wonder if supplements can help? At Atlanta Human Performance Center, our dieticians can assess your nutritional goals and ensure you are getting the proper nutrients!

Specific health conditions may require supplements; for example, people with the following conditions may benefit from supplements:

- Recovery after illnesses or chronic conditions (i.e., cancers, heart disease, or osteoporosis)
- Endurance athletes
- Pregnant or breastfeeding women
- Possibly for mental disorders and clarity of brain function

In addition, for the general population, some evidence supports the use of supplements to provide antioxidants, some fat-soluble vitamins (D, K, and A), and probiotics.

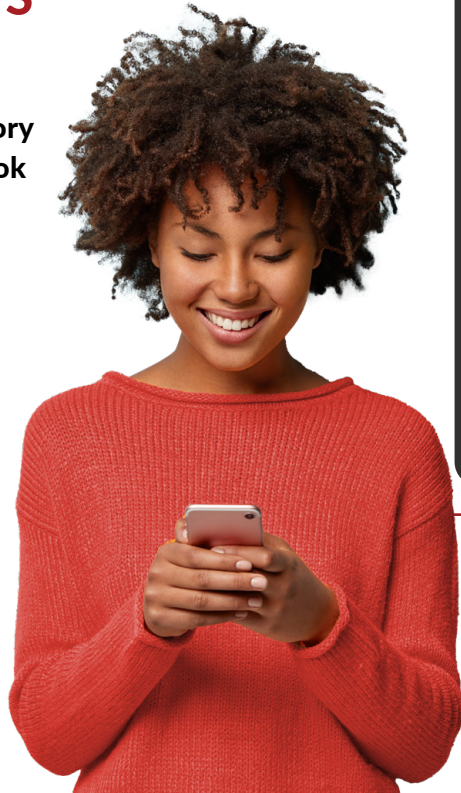
The people who benefit the most are those with a prolonged nutrient deficiency in their diet or a previously diagnosed lack in the body. For most people, the key to figuring out what your body needs is to get the help of an expert.

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpcpt.com](http://www.ahpcpt.com).

## 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



[ahpcpt.com](http://ahpcpt.com)



## Who Do You Know That Needs Physical Therapy?

### Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



## TOMATO, MOZZARELLA & BASIL BRUSCHETTA

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.



3250 HOGAN ROAD, S.W.  
ATLANTA, GA 30331  
PHONE: (404) 346-1526  
FAX: (404) 346-0729