



NEWSLETTER

DISCOVERING PROPER ERGONOMICS FOR YOUR HOME OFFICE



If you work from your home office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight.

Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.

In addition to making the most of your home office, it is also important to make sure you are taking care of your body. It is important to make sure that you get up every 30 minutes or so and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.

Exercise is incredibly important in general, especially if your job involves several hours of inactivity. When you

exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back.

Taking even a small amount of time to walk or jog around the neighborhood every day after working from home can highly improve your posture and gait – in addition to helping you get you out of the house for some time!

No matter how you choose to work from home, ergonomics is an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on your overall productivity.

At the end of the day, make sure you're comfortable – don't let the daily stresses of working from home take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday.

For more information, contact Performance Therapy Institute today.

NEWSLETTER

FIND RELIEF FOR YOUR ACHING BACK WITH PHYSICAL THERAPY

INSIDE:

- 7 Tips for Avoiding Back Pain
- Relieve Pain In Minutes
- Patient Success Spotlight
- Healthy Recipe



Whether you have pain or have been suffering for a long time, seeing a physical therapist at Performance Therapy Institute can help you return to a more active and pain-free life. Give us a call today:

- **FRANKLIN** (615) 465-6810
- **NASHVILLE** (615) 375-9091

According to the American Physical Therapy Association, back pain is the most commonly experienced type of pain across the United States. In fact, one in every four Americans has experienced back pain within the last three months. The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. Fortunately, Performance Therapy Institute can get you the help you need so you can improve your quality of life!

Did you know this about back pain? "Back pain" is an all-encompassing term used to describe a vast number of conditions that cause pain in the upper or lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain. The most common cause of back pain is from sustaining an injury. This can happen in one of two ways - from an instant, sudden trauma, or from a repetitive-use injury that develops gradually over time.

Because back pain is so commonplace in the United States, there is a lot of information we have on the topic. **Below are some facts about back pain:**

- Back pain is the number one disability for those under age 45.
- In the United States alone, there are an expected 31 million people with lower back pain at any given time.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- Experts place the likelihood of any person to experience some type of back problem in their lifetime at about 80%. That's four out of every five people!
- 30-40 percent of all workplace absences are due to back pain.
- Approximately one quarter of U.S. adults reported having low back pain lasting

at least one whole day in the past three months, and 7.6% reported at least one episode of severe acute low back pain within a one-year period.

- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical—meaning they are NOT caused by serious conditions, such as infection, fracture, or cancer.

Find relief with Performance Therapy Institute: Fortunately, back pain can be relieved with our SPINE program. This program helps in improving your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended. Our SPINE program can also provide you with helpful tips for preventing your back pain from returning. Your physical therapist will also work with you to implement an individualized treatment plan, based on your specific needs. The main stages of your plan will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your physical therapist may deem fit. As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. **This will help increase your overall strength and range of motion.**

7 TIPS FOR AVOIDING BACK PAIN

While consulting with a physical therapist is the first step in finding relief, there are a few tips you can also try on your own, in order to relieve your back pain at home. This can help alleviate pain that may occur while you're away from the clinic and help prevent it from worsening:

1. Get more exercise. If your back is hurting, you may think the best way to get relief is to rest. However, studies show that frequent changes in position and regular physical activity can actually help ease inflammation and muscle tension faster in the back.

2. Maintain a healthy weight. Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting a strain on your lower back. Maintaining a healthy weight can help control back pain and will provide additional health benefits.

3. Quit smoking. Nicotine in smoke restricts the flow of nutrient-containing blood to spinal discs. Because of this, smokers are especially vulnerable to back pain, which typically dissipates on its own after the nicotine is out of your system.

4. Adjust your sleeping position. If you're prone to back pain, talk with your physical therapist about the best sleeping position for you. It is important to sleep in the position that will help you achieve the most rest. It is typically best to avoid sleeping on your stomach. If you enjoy sleeping on your back, you can try putting one pillow under your knees and another under your lower back. If you sleep on your side, you can try pulling your knees slightly toward your chest and sleeping with a pillow between them.

5. Improve your posture. Posture is important, whether you're working, exercising, or simply relaxing. Find a good chair to sit on that will allow you to keep your feet flat on the floor while you sit. Try to avoid soft couches or chairs that put you in a



slouched position. When standing, try to alternate your positions and walk around if possible. Have one foot forward when standing, alternating between feet every 10 minutes.

6. Watch how you lift. It is a common mistake to lift with your back, rather than your legs. Make sure you don't bend over at the waist to lift heavy objects. Instead, bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push heavy objects, rather than pulling them.

7. Use supportive shoes. A good pair of cushioned shoes can reduce pressure on your back. When possible, avoid wearing high heels, as they shift your center of gravity and strain your lower back. If you have been suffering from back pain and the tips above aren't working, contact Performance Therapy Institute today. Your physical therapist will work with you to address and treat the underlying cause of your back pain. **No matter how severe it may be, we can help you find relief so you can get back to doing the activities you love and living your life comfortably!**

CALL US TODAY TO SCHEDULE AN APPOINTMENT!

HEALTHY RECIPE



ROASTED CHICKEN WITH MEYER LEMONS & POTATOES

INGREDIENTS

- 1 whole chicken left at room temperature for 30 minutes, giblets reserved for another use
- 2 tbsp extra-virgin olive oil

- Kosher salt & ground pepper
- 4 Meyer lemons, halved
- 2 lbs baby potatoes, halved
- 2 tbsp thyme leaves, plus sprigs for garnish

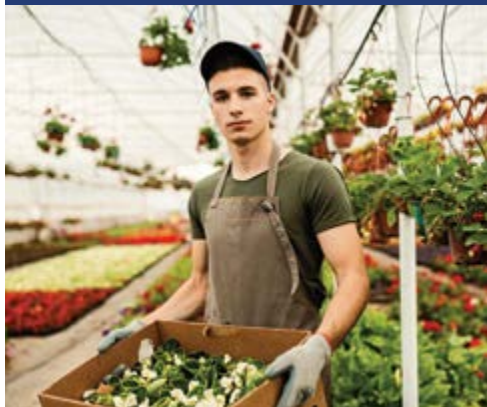
DIRECTIONS

Preheat oven to 450 degrees. Arrange chicken on a rimmed baking sheet. Rub with 1 tablespoon oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165 degrees, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.

<https://www.marthastewart.com/1520506/roast-chicken-meyer-lemons-and-potatoes>

CALL TODAY AT FRANKLIN: (615) 465-6810 OR NASHVILLE: (615) 375-9091!

Patient Success Spotlight



"Made me feel like they were truly invested in me!"

"From the second you walk in, you know this place is different. The staff is 100% concerned with your care and well being, and it shows. My care was personalized and the one-on-one attention I received made me feel like they were truly invested in me, not just giving me a recovery program. This is by far, the best place for Physical Therapy, in Middle Tennessee." - S.M.

Relieve Pain In Minutes

Try this movement to strengthen the back.

Strengthens lower back



PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time. Alternate 20 times.



DISCOVER HOW TO LIVE PAIN-FREE



At Performance Therapy Institute, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.

It's time to go to Performance Therapy Institute if:

- You're tired of living in pain
- You want to feel better and move better
- You have been in an auto accident or injured on the job
- You want to prevent injury



1. Call and talk to your therapist



2. Discover why your pain has come back



3. Get your custom recovery program

Fun & Games

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<http://1sudoku.com>

n° 28718 - Level Medium

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