

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

# Innovative Newsletter

INSIDE:

ERGONOMIC TRAINING

5 STAR REVIEWS

EXERCISE TO HELP WITH PAIN

*We would love to hear your success story!*

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

REVIEW US

Quote of The Month:

*It's Only Cold If You're Standing Still — So Get Moving*

CALL TODAY!

(315) 786-0655

## HOW TO FIX POOR POSTURE

**Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame.**

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is, the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

At Innovative Physical Therapy Solutions, our team of physical therapists can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so it gets irritated and painful when it is stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

**Contact Innovative Physical Therapy Solutions today to learn more about improving your posture and leading a pain-free, active life!**

### What Is Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture 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.

Posture is defined as "the alignment and positioning of the body in relation to gravity, the center of mass, or base of support." Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

*Continued inside.*

**INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE**

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

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Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

### What Is Good Posture?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching, alleviate your pain and improve your overall health!

### What To Expect At Physical Therapy

Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, 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.

At your initial evaluation, your physical therapist will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.



In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

### Call Today To Schedule An Appointment

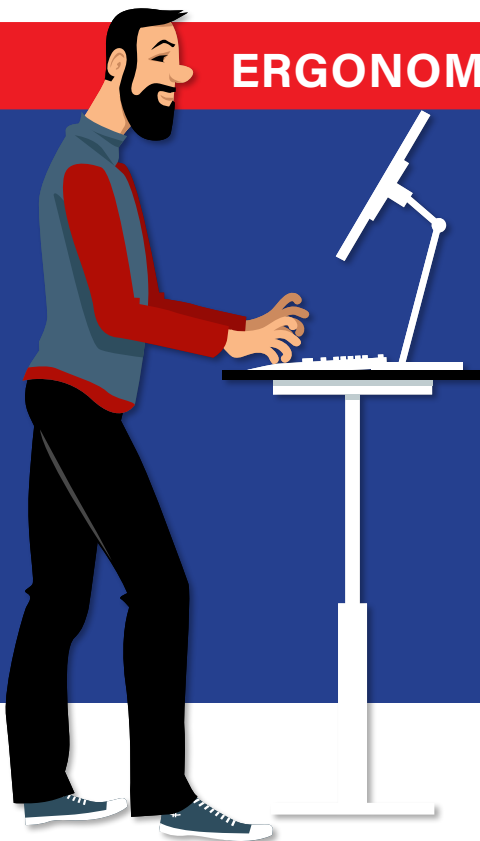
If you are experiencing back pain, your posture may be to blame. Fortunately, Innovative Physical Therapy Solutions is ready to help you begin your journey toward long-lasting pain relief.

**Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!**

**REQUEST FREE CONSULT**



## ERGONOMIC TRAINING



### DO YOU HAVE PESKY ACHEs AND PAINS? ERGONOMIC TRAINING CAN HELP

Did you know the items you use every day in your home or workplace can be modified to make you more comfortable? This is known as Ergonomics and is defined as the way in which we improve movement and function within daily life.

Ergonomics typically contains certain tools or body mechanic strategies that focus on maximizing efficiency and safety, in addition to identifying/changing factors that may lead to injury. At Innovative Physical Therapy Solutions, our physical therapists can use ergonomics to help resolve issues with pain you may face in your daily life, in addition to helping you prevent injuries.

Working on the ergonomics of your office can decrease your risk of sustaining injuries, which can save a lot of money on medical bills, lost wages, and decreased productivity! You can also implement ergonomics within your daily life, as well – everything from driving to playing sports to using your phone has room for modification!

**REQUEST FREE CONSULT**

**Contact Innovative Physical Therapy Solutions today to request a free consult and find out how you can live your life comfortably!**

**Don't suffer in silence – find relief today.**  
**(315) 786-0655 | [www.innovativeptsolutions.com](http://www.innovativeptsolutions.com)**



# 5 STAR REVIEWS

***"My therapist is very good, encouraging, knowledgeable, and fits my personality."***

"I continue to love and prosper with therapy exercises. My therapist is very good, encouraging, knowledgeable, and fits my personality. I really enjoy coming here and would recommend it to others before it's too late to make some corrections in health level."-J. M.

***"I had a speedy recovery under their guidance."***

"I highly recommend. Staff is professional, knowledgeable and caring. Building is clean and rooms are comfortable. I had a speedy recovery under their guidance."-Terri B.

***"Lightforce Laser treatments helped heal my plantar fasciitis! I highly recommend it!"***-PRZ E.

**Share your success story!  
Click below to leave us a review.**

**LEAVE US A REVIEW**

## Exercise To Help With Pain

Try this simple exercise to help you feel better...  
Share this with a friend or family member to help keep them healthy too!

### PIGEON POSE

Start in a kneeling position. Place the leg you want to stretch in front of you, with your knee pointing away and your shin perpendicular with your body. Straighten the opposite leg back behind you. Slowly lean your body forward onto your hands and forearms, until you feel a stretch in your hip.



## Innovative PT Coupons

**FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!**

**(315) 786-0655  
CALL TO SCHEDULE TODAY!**



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.  
Expires 12/30/23



**REQUEST FREE CONSULT**

316 Sherman Street, Watertown, NY 13601

**315.786.0655**

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