

Orthogo Physical and Aquatic Therapy Newsletter

GOOD POSTURE - SOMETHING WE SHOULD ALL STRIVE FOR

Coming Soon

The art of unilateral exercise. Learn how a basic change in your exercise can really help.

Clinics

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Posture is something we all intuitively know something about, but here is a little more detail.

Ideal posture is something we all strive for. Imagine if you were looking at yourself from the side and could draw a line from the top of your head down to the floor. With ideal posture, that line would pass down through the ear canal, over the tip of the shoulder, just in front of the middle back vertebrae, through the middle of the low back vertebrae, right over the pointy bone of the hip, through the middle of the knee and outer bone of the ankle.

Some people have increased curves and their head is forward. This puts excessive stress on the neck muscles and can cause pain. Others have too large of a curve in the middle and or lower back, which can also cause unusual stress on the middle and lower back. Finally, seniors may have a forward bent or kyphotic middle back. Often the bones become wedge-shaped making it impossible to stand up straight.

We can help you with your posture as well as the pains and muscle tightness associated with poor posture. So if you or someone you know is having trouble with neck pains, low back pains, or poor posture have them give us a call.

TYPES OF MASSAGE

Everyone knows massage can feel very good but which type is right for you? There are so many different types of massage. Swedish massage involves long, comforting strokes. Sports massage works on those muscles involved in a specific sport, like the legs with running. Deep tissue massage goes deeper and is designed to loosen areas of muscular tightness and spasm. Roling is painful, purported to release tightness, and realign the fascial coverings of the muscles.

Physical therapists are trained in a variety of soft tissue techniques, may use any combination of the above, or other techniques as well. If you are suffering from a muscular problem, soft tissue techniques may be part of the rehabilitation process. Please call us if you have questions.

DOWNLOAD OF THE MONTH - POSTURE PICTURE

Click here to Download our Posture Picture

<http://www.ptclinic.com/downloads/1-5.pdf>

Click On or Type the URL above into your browser address bar

For more information, go to the American Physical Therapy Association and click on the posture link.

Go to the APTA Website

<http://www.moveforwardpt.com/Resources/Detail.aspx?cid=1a4cc05b-761e-4441-8c42-dd730efc186d>

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