



Fighting Lower Back Pain at the Beginning of the New School Year

Are You or Your Kids Going Back to School? Prevent Back Pain with Physical Therapy!

Have you thought about how much going back to school takes a toll on your body? We may not think about it much but sitting at desks for extended periods of time, lugging around books, and rushing to classes can really take a physical toll - especially on the back!

At [Zenith Physiotherapy & Wellness](#), we want to make sure that our patients going back to school don't develop back pain at the beginning of the new school year. To learn more about how physical therapy can help you fight lower back pain as you go back to school, contact us today!

Exercise Essentials

Try these movements if you are experiencing back pain.

Forward Bend - Long Sitting

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.

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How Can I Avoid Back Pain?

Ergonomics

There are several ergonomic changes you can make in order to prevent back pain from developing. Seat cushions can help you sit up straighter, setting up your monitor to meet your eye line can prevent straining or slouching, and investing in a standing or adjustable desk can prevent unnecessary strain on your lower back. Schedule a consultation with a PT to discover what ergonomic changes might work best for you!

Exercise/Posture

This may seem counterintuitive, but exercise can actually aid in back pain relief and prevention! When you are staying active and engaging your core, you are better able to complete the physical demands of the day without noticing pain. Additionally, making sure you are practicing proper posture throughout the school day and during your workout routines can help in preventing unnecessary weight from being placed on your back and avoiding unwanted aches and pains. Your physical therapist can help you identify proper posture and discover the best exercise plan for your needs!

Physical Therapy!

Need additional assistance? Our physical therapists have got you covered! Fight lower back pain at the beginning of this new school year by getting professional help from our movement experts!



Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-768-2747

Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

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CORRECT SITTING POSTURE
COMPUTER WORKSTATION ERGONOMICS

MONITOR
Adjust distance and height: top of the monitor at eye-level and slightly tilted.
18/24 in (45-70 cm)

ARMS
Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

CHAIR
Should have a backrest and armrests. adjust height.
90-100°

LEGS
Thighs parallel to the floor.
90-110°

FEET
Parallel to the floor. use a footrest if necessary.
90-110°

TAKE BREAKS EVERY 25 MINS

Call 1-403-768-2747 Today!

Schedule an appointment here.
We can't wait to see you!



ZUCCHINI LINGUINE

Ingredients:

- 1 lb tomatoes, finely chopped
- 1 small red chile, seeded & minced
- 1 tablespoon chopped basil
- 12 ounces linguine
- 1 tablespoon chopped parsley
- 3 baby zucchini, thinly sliced
- 2 garlic cloves, minced
- 1/4 cup freshly grated Parmesan cheese, plus more for serving
- 2 teaspoons kosher salt
- 1/3 cup extra-virgin olive oil

Directions:

In a large bowl, toss the tomatoes with the basil, parsley, garlic, salt, chile and olive oil. In a large pot of boiling salted water, cook the linguine; drain well. Add the linguine to the bowl along with the sliced zucchini and toss. Add the 1/4 cup of grated cheese, toss again and serve in bowls, passing more cheese at the table.