



## GOT BACK PAIN? YOUR POSTURE COULD BE THE CULPRIT

Posture refers to the position(s) of a person's body in space. Prolonged postures, like sitting or standing for long periods, often lead to stiffness and soreness in the spine.

The good news is that Zenith Physiotherapy's physiotherapists can help you improve your posture over the long term!

### Causes of Poor Posture

In the upper part of the spine, slouching will cause a forward-head posture. This, in turn, creates a strain on the neck muscles and joints, resulting in neck pain and upper back pain, and may lead to arm pain or chronic headaches.

Slouching also affects the mid-back by altering the way your ribs align. Over time, sitting and standing like this may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

The lower back can be affected by slouching as well. Slouching causes increased pressure to the lumbar discs and causes the muscles in your hips and legs to tighten. This tension affects how the pelvis and spine move and often leads to lower back pain!

### How Can Physiotherapy Help?

Working with a physiotherapist to improve your posture with exercises is an effective way to overcome chronic pain.

PT offers ideal methods for providing you with an opportunity to understand what may be causing your pain. A therapist can help you to mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

Your therapist will teach you strategies like:

- Standing tall whenever you are standing or walking.
- Using lumbar support when you sit to keep your posture correct.
- Maintaining a straight spine when you lift heavy objects.

**Physiotherapists at Zenith Physiotherapy are dedicated to getting you back on track to a pain-free life. They will evaluate your posture to determine the best treatments necessary for you, and create a treatment plan catering to your needs. Give us a call today to schedule an appointment!**

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Unit 309, 800 Yankey Valley Blvd. • SW Airdrie • 1-403-879-8178 • [zenithphysio.com](http://zenithphysio.com)

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### Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.  
SW Airdrie

1-403-879-8178



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

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## Exercise Essentials

### Double Knee To Chest

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



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## NATURAL HYDRATION!



### HOMEMADE ELECTROLYTE DRINK

#### Ingredients

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

**Directions:** Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

<https://coconutsandkettlebells.com/diy-natural-electrolyte-drink/>