

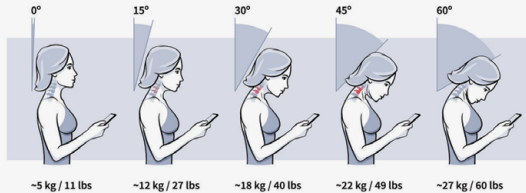


RELIEVE YOUR BACK PAIN *BY FIXING* *YOUR POSTURE*

www.LakeCountryPhysio.com | (705) 413-3587

INSIDE:

- Find Relief For Your Aching Back With Physiotherapy
- Backpack Strategies For Parents & Students



RELIEVE YOUR BACK PAIN **BY FIXING YOUR POSTURE**

Are you able to maintain your posture throughout the day? Do you catch yourself slouching frequently? If you notice daily or persistent aches and pains in your back, your posture is likely contributing to the problem. At Lake Country Physiotherapy, our physiotherapists can help identify the source of your pain and whether or not your posture is part of the problem. We offer solutions that work no matter what is causing your back pain!

When your posture is incorrect, it can cause stress on your back, resulting in pain, inflammation, or dysfunction. Back pain is the most commonly reported area of pain and often leads to significant limits to one's daily life. It is estimated that up to 70%-80% of adults experience lower back pain at some time in their lives.

If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, and lie down. Fortunately, Lake Country Physiotherapy can help. We'll determine the cause of the pain so you can get back to living your life comfortably!

If you have been noticing persistent pains in your back, don't hesitate to contact us today!

Poor Posture Is Common And May Be The Cause Of Your Back Pain

Very few people have perfect posture, and most people use bad postural 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.

Poor posture is one of the most common causes of back pain. It's common for people to slouch at their desks, lean forward to read emails, or just slump on their couch while watching TV. Too often, these are all things people do subconsciously without realizing the toll it takes on the body.

Your posture affects how your body moves - whether you're sitting, standing, walking, running, or performing pretty much any other task throughout the day. Your posture may also change depending on what you are doing - perhaps your posture when you stand is perfect, but when you sit at a desk, your body begins to hunch and fold in ways that it is simply not supposed to.

Poor posture isn't due to laziness or apathy; instead, it generally has something to do with our bodies' habits or physical weaknesses. Even if you exercise regularly, there may still be weak muscles or compensations contributing to poor posture. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an essential role in your posture. If even one of these is weak, your posture may suffer.



Get your life back on track with
Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: (705) 413-3587 Fax: (705) 327-9064



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call **Lake Country Physiotherapy** to talk with your physiotherapist today!

Find Relief For Your Aching Back With Physiotherapy

Physiotherapy is a great way to regain normal posture. At Lake Country Physiotherapy, our physiotherapists are experts in movement and excellent resources to have when trying to achieve your physical performance goals. We will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, we will start by conducting functional testing to identify weaknesses contributing to your posture and causing your back pain. In addition, we will identify any mobility changes in your spine that may influence how you hold your body when you sit, stand, or move.

Our customized treatment plans are tailored to your specific needs and typically include manual therapy and targeted stretches and strengthening exercises to alleviate pain and regain proper postural habits.

Your physiotherapist may add treatments, such as ice and heat therapies, ultrasound, or electrical stimulation as appropriate. Find out for yourself why physiotherapy is one of the most effective ways to address your back pain and start on the road to recovery and improved posture.



Get your life back on track with
Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: (705) 413-3587 Fax: (705) 327-9064

Steps To Improve Your Posture On Your Own

Poor posture can be challenging to overcome. The more you practice proper posture, the easier it will become. Here are a couple of tips you can try at home:

Sit properly: Start by scooting your buttocks to the back of the chair and sitting back against the backrest of the chair. Using lumbar support can help you maintain the upright position.

Take breaks: It is vital to make sure that you get up every 30-45 minutes and take a short walk, at least for a minute or two. Changing your positions can prevent the slouched posture from becoming your default posture.

Sometimes the most helpful solution is to avoid the problem from the beginning. Starting in a good posture and taking frequent breaks can eliminate the pain associated with poor postural habits.

Schedule An Appointment Today

Contact Lake Country Physiotherapy today to schedule a consultation and figure out how physiotherapy can help your posture!

Sources:
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6305160/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

Clinic News: Terry Fox Run

The Terry Fox Run

Be part of a movement inspired by Terry to raise funds for cancer research. We are happy to announce that the run is back at the Couchiching Beach Park in Orillia and we are planning on having LCP staff and family at the event this year on the 18th of September!

Donate to the run: run.terryfox.ca/team/lakecountryphysio
Orillia Facebook page for the run: facebook.com/TerryFoxRunOrillia/

Who Was Terry Fox?

Terry Fox was a Canadian athlete, humanitarian, and cancer research activist. After losing his leg to cancer at only 18 years of age, Terry set out to do the impossible: run across Canada, one marathon a day, in pursuit of his dream to find a cure for cancer.



**To learn more or donate,
visit terryfox.org today!**

Backpack Strategies For Parents & Students



Loading the Backpack

1. A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
2. Load heaviest items closest to the child's back (the back of the pack).
3. Arrange books and materials so they won't slide around in the backpack.
4. Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
5. If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
6. If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

Wearing the Backpack

1. Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
2. Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
3. Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
4. The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
5. Choose the right size pack for your child as well as one with enough room for necessary school items.

Exercise Essential



 SimpleSet Pro

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.

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains

Healthy Recipe *The Best Guacamole Ever*

- 3 tomatillos
- 1/3 cup chopped red onion
- 1/3 cup chopped plum tomato
- 3 tablespoons chopped cilantro
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt
- 2 ripe peeled avocados
- 2 jalapeño peppers, seeded and finely chopped
- 1 garlic clove, minced

To prepare guacamole, peel papery husk from tomatillos; wash, core, and finely chop. Combine tomatillos, onion, and remaining ingredients; stir well. Serve guacamole with chips.

