

# APRIL

## THE THERAPY Connection

A newsletter for our valued patients & friends.



### TIP OF THE MONTH

#### Sleep Comfortably with Proper Posture

Sleeping is one of the most important things that we can do for our bodies. Our bodies utilize this time for recovery; sleeping in a position that causes pain can prevent the body from recovering.

This makes finding an appropriate sleeping position. That results in your body feeling at ease very important. Last month in our poll question, we asked you what your preferred sleeping position was. Out of those that answered, a sweeping 64.23% of respondents said that they slept on their side. So with that in mind, let's take a look at how different sleeping positions can affect neck, back and joint pain.

**Back Sleeping:** Most studies have shown that one of the best sleeping positions is on the back with a pillow underneath your legs. While many patients complain that this sleeping position is painful or causes snoring, others have found relief due to the many benefits. Sleeping on your back puts less stress on your head, neck and spine, and makes it easier for your spine to maintain a neutral position. It also helps fight acid reflux due to the elevated position of the head and the position of the stomach being below the esophagus (Health Magazine, 2011). A pillow between your legs or under your trunk may also be beneficial to decrease stress on your back. If you have sleep apnea or are pregnant, sleeping on your side is typically recommended.

**Side Sleeping:** Side sleeping is promoted for pregnant women (particularly the left side), and can also help reduce acid reflux and snoring, but for the average sleeper, it's not ideal. Sleeping on your side puts extra pressure on your neck and shoulders as they are supporting the majority of your body weight. It can also restrict blood flow to your arms. If you can't give up sleeping on your side, try to get a thicker pillow that can support your head and neck. Sometimes a pillow between your legs or under your trunk may also be beneficial to decrease stress on your back.

**Stomach Sleeping:** Sleeping on your stomach can put a lot of stress on the lumbar spine as well as your joints and muscles. Naturally, the lumbar spine is curved, however, while sleeping on your stomach, the spine becomes even more curved and results in more stress put on the ligaments of the spine. This causes additional stress on the back and neck. Stomach sleepers also have to turn their head to either side while sleeping, and as a result, this locks up the neck and does not allow blood to flow to the proper places while sleeping, thus acting as a barrier to recovery from daily stress (Total Performance, 2012). If you are a stomach sleeper, and you are not looking to change, consider putting a pillow under your hips to help keep the natural curvature of your spine. A thinner pillow at your head can also help reduce back pain from sleeping.

If you find yourself waking up with neck and back pain, your sleep position could be the culprit. If your pain persists throughout the day and continues to get worse, please consider calling us to see how we can help. For more information on neck and back pain, and how physical therapy can help, click [here](#).

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



***"Never, ever underestimate the importance of having fun."***

— Randy Pausch

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

### A RECIPE FOR YOU

#### Zucchini "Cake" Bread

This is perfect for a lazy Sunday afternoon. It makes a wonderful breakfast that even the kids will eat.



#### Ingredients:

- |                               |                                |                          |
|-------------------------------|--------------------------------|--------------------------|
| • 3 cups of all-purpose flour | • 3 tsp cinnamon               | • 1 cup white sugar      |
| • 1 tsp salt                  | • 3 eggs                       | • 1 cup brown sugar      |
| • 1 tsp baking soda           | • ½ cup vegetable oil          | • 3 tsp vanilla extract  |
|                               | • ½ cup unsweetened applesauce | • 3 cups grated zucchini |

#### Directions:

1. Preheat the oven to 325° - grease and dust 2 bread loaf pans (you can use only one, but it will need to bake longer).
2. Add your dry ingredients and mix together in a bowl.
3. Mix your wet ingredients (minus the zucchini) and the sugar into a large bowl and mix thoroughly.
4. Slowly pour the dry ingredients into the wet bowl and mix thoroughly. Then add your zucchini until spread evenly throughout.
5. Pour the batter into your cake pans and bake for 40-60 minutes. (If you use one pan, increase the cooking time to 1 hour - 1:30).
6. Cool and enjoy!



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