



TIP OF THE MONTH

Good Posture is Good For More than Confidence

Good posture helps you stand tall and look confident and also keeps you from putting unnecessary pain and strain on your body. In many cases, poor posture is fixable. Luckily, with a little awareness, exercise, and some help from our team, you can improve your posture and look confident while walking down the street. It's a win-win.

How Do I Check to See if I have Bad Posture?

It takes no time at all to check out your posture. If you have a full-length mirror, stand in front so your full-body profile is visible. If not, ask someone to snap a photo for you on your phone. Take a look. If you have good posture, you should be able to draw a straight line down from your ears to the floor that intersects your shoulders, hips, knees, and ankles. Being close is okay. It's when larger angles appear, we may need to work on it.

What Causes Bad Posture?

Lots of things, but some of the big ones are:

- **Living a sedentary lifestyle:** Muscle weakness and inactivity can have an adverse effect on your posture.
- **Technology use:** Most phones track your phone usage. If you consistently [look down at your phone](#) - that use time could likely equate to daily hours of bad posture.
- **Injury:** After an injury your body will naturally try to protect and put less stress on the injured area. This "protection" can cause muscle imbalances that result in a change of posture.
- **Genetics:** Diagnoses like arthritis, kyphosis, and scoliosis all affect posture and require additional care from your healthcare team.

Does Having Bad Posture Really Affect Me?

The short answer is yes. Here are some symptoms of bad posture:

- Headaches
- Back and [neck pain](#)
- Muscle weakness and fatigue
- Rounded shoulders or a hunched back
- [Incontinence or constipation](#)

How Can I Fix My Posture?

We recommend starting with a few general exercises [designed to promote good posture](#). If you don't see the results you've intended, or are having trouble sticking with it, the next step would be to contact us. We'll provide a guided rehabilitation plan to improve your posture, and reduce symptoms for the long term.



Featured Article:
[Lifestyle Changes That Can Help Lower Blood Pressure](#)

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



“Keep your face always toward the sunshine, and the shadows will fall behind you.”

— Walt Whitman

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

Vegan Oreo Cheesecake Minis

Looking for a delicious dessert to share with your significant other this Valentine's Day? Our friend Kim has you covered!



INGREDIENTS:

Oreo Crumb Crust:

- 20 Oreo cookies
- 1/4 cup of coconut oil (melted)
- 12 cup muffin tin

Filling:

- 1 1/2 cups of cashews
- 1 lemon
- 1/3 cup of coconut oil
- 2/3 cup of coconut milk
- 1/2 cup maple syrup or agave nectar

Fruit toppings (optional)

DIRECTIONS:

1. Soak the cashews overnight in the fridge (5-8 hours).
2. Put the Oreos in a large bag and use a rolling pin crush them into small pieces.
3. Pour the crumbs into a small bowl and mix with the melted coconut oil.
4. Grease a 12-cup muffin tin and distribute the crust evenly among the holes packing it down.
5. Put filling ingredients in a blender and puree until smooth.
6. Evenly pour in your filling onto the Oreo crusts and freeze until set (4-6 hours).
7. Take them out about 10 minutes before eating, top with the fruit of your choice, and enjoy!