



11741 Southwest Highway, Palos Heights, IL 60463 (708) 361-8052

The month of August is usually one of the hottest months of the year. It is very important that we practice good sun hygiene; crucial for a number of important health reasons. Seek shade during peak sun hours. The sun's ultraviolet rays are the strongest during the daytime hours of 10:00 am and 2:00 pm. Choose sunscreen with a protection factor of no less than 30 and apply it before going out in the sun. Wearing a wide brim hat will also protect you from the sun. The sun does provide us with many health benefits, such as vitamin D and helps reverse seasonal affective disorder (SAD). Sunlight provides energy to our organs and helps to strengthen and vitalize our body. Enjoy your summer safely!

Our Location

Commitment Physical Therapy is located at:

11741 Southwest Highway in Palos Heights.

Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm.

For your convenience, we also offer extended and weekend hours by appointment only.

Good Posture Helps Reduce Back Pain Part 1 of 2

Good Posture Helps Reduce Back Pain

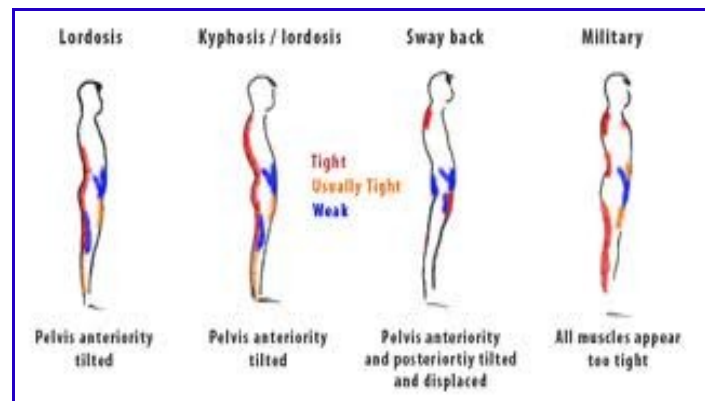
Correct posture is a simple but very important way to keep the many intricate structures in the back and spine healthy. It is much more than cosmetic—good posture and back support are critical to reducing the incidence and levels of back pain and neck pain. Back support is especially important for patients who spend many hours sitting in an office chair or standing throughout the day.

Problems Caused by Poor Back Support and Posture

Not maintaining good posture and adequate back support can add strain to muscles and put stress on the spine. Over time, the stress of poor posture can change the anatomical characteristics of the spine, leading to the possibility of constricted blood vessels and nerves, as well as problems with muscles, discs and joints. All of these can be major contributors to back and

neck pain, as well as headaches, fatigue, and possibly even concerns with major organs and breathing.

back support. This will result in less back pain. When moving from one position to another, the ideal situation is that



Identifying Good Posture

Basically, having correct posture means keeping each part of the body in alignment with the neighboring parts. Proper posture keeps all parts balanced and supported. With appropriate posture (when standing) it should be possible to draw a straight line from the earlobe, through the shoulder, hip, knee, and into the middle of the ankle. Because people find themselves in several positions throughout the day (sitting, standing, bending, stooping, and lying down) it's important to learn how to attain and keep correct posture in each position for good

one's posture is adjusted smoothly and fluidly. After initial correction of bad posture habits, these movements tend to become automatic and require very little effort to maintain.

Ergonomic Office Chairs for Back Support

Office work often results in poor posture and strain to the lower back. Many people work sitting in an office chair that is not properly fitted to their body and does not provide enough lower back support. One strategy is to choose an ergonomic office chair that provides better support than a regular chair.

Back to School

School days, school days...whether you are saying yippee or sad to see school begin there are a few things you need to remember.

Often the first few weeks of school children are allowed and encouraged to bring water bottles to school.

Let your child shop with you and pick out a bottle they like, refillable bottles are great for the environment and come in many fashionable colors and designs.

Then there is the all important backpack. Look for a backpack that has sturdy, well padded straps for the shoulders. There are also backpacks that have a strap that goes across the abdomen. This is a great feature to help distribute the load of books and take some pressure off the back.

If you have any questions or would like our therapist to look at what you are picking out please don't hesitate to contact us at the office, we are here to help you keep you and yours healthy and enjoying life!

Continue: Good Posture Help Reduce Back Pain

Take a Break from Sitting in an Office Chair

The spine is made for motion. When sitting in any type of office chair (even an ergonomic office chair) for long periods of time, it is best to get up, stretch and move around regularly throughout the day to recharge stiff muscles.

Identifying Incorrect Posture

The first step in improving posture is to identify what needs improvement by examining one's own posture throughout the day, such as sitting in an office chair, carrying objects, or standing in line. At regular intervals during the day, take a moment to make a mental note of posture and back support. This should be done through the normal course of a day to best identify which times and positions tend to result in poor posture. Some people find it easier to ask someone else to observe their posture

and make comments or suggestions.

Examples of Bad Posture and Back Support:

The following are examples of common behavior and poor ergonomics that need correction to attain good posture and back support:

- Slouching with the shoulders hunched forward
- Lordosis (also called "swayback"), which is too large of an inward curve in the lower back
- Carrying something heavy on one side of the body
- Cradling a phone receiver between the neck and shoulder
- Wearing high-heeled shoes or clothes that are too tight
- Keeping the head held too high or looking down too much
- Sleeping with a mattress or pillow that doesn't provide proper back support, or in a position that compromises posture

Examples of Bad Posture While Sitting in an Office Chair

The following bad habits are especially common when sitting in an office chair for long periods of time.

- Slumping forward while sitting in an office chair
- Not making use of the office chair's lumbar back support
- Sliding forward on the seat of the office chair

Guidelines to Improve Posture

For correction of poor posture it is important to determine where improvement is needed, such as when sitting in an office chair. Patients must work on changing daily habits to correct those areas. This effort will improve back support and over time help decrease back pain and neck pain.

In our September newsletter we will continue with the guidelines in order to achieve proper body posture and minimize back and neck pain.

Patients' Comments



"My sessions were very productive and everyone there was very professional and friendly."
N.L., Palos Park, IL

"I liked the way everything was explained to me and the kindness that I received."
S.R., Chicago, IL

"I was always welcomed, promptly cared for, and the therapy made my condition back to normal." M.M., Oak Lawn, IL

"Dr. Naglaa was very helpful and the whole routine was very relaxing and comforting."
S.K., Merrionette Park