



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

**COMING SOON-**  
Commitment Physical Therapy is updating our website. We would love to hear your comments or suggestions. We are committed to providing the best care to our patients. Commitment Physical Therapy's mission is to serve our patients and our community with a spirit of complete caring. We strive to provide quality service that is unique to each of our patients' needs. Our number one purpose is to serve you!

### 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 2 of 2)

### Guidelines to Improve Posture

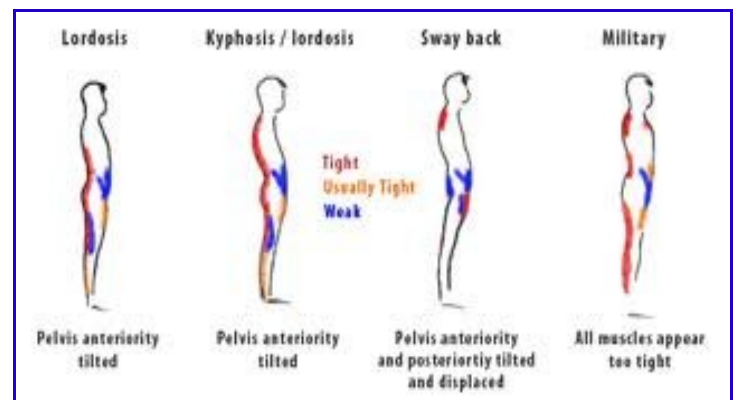
For correction of poor posture it is important to determine where improvement is needed. For example when sitting in an office chair. Next, work on changing daily habits to correct those areas. This effort will improve back support and over time help decrease back pain and neck pain. It will take some effort and perseverance, and will seem a little unnatural at first. It is typical to feel uncomfortable, and even feel a little taller, but over time the new posture will seem natural and more comfortable.

Following are some guidelines of how to achieve good posture and ergonomics in the workplace and other situations.

- Be sure your back is aligned against the back of the office chair. Avoid slouching or leaning forward, especially when tired from sitting in the office chair for long periods of time.

Be sure your chair is ergonomically designed to properly support the back and that it is a custom fit.

- When sitting in an



office chair at a desk, arms should be flexed at a 75 to 90 degree angle at the elbows. If this is not the case, the office chair should be adjusted accordingly

- Knees should be even with the hips, or slightly higher when sitting in the office chair
- Keep both feet flat on the floor. If there's a problem with your feet reaching the floor comfortably, a footrest can be used along with the office chair
- Sit in the office chair with shoulders straight
- Don't sit in one place

for too long, even in ergonomic office chairs that have good back support. Get up and walk around and stretch as needed

### Standing Posture

- Stand with weight mostly on the balls of the feet, not with weight on the heels
- Keep feet slightly apart, about shoulder-width
- Let arms hang naturally down the sides of the body
- Avoid locking the knees
- Tuck the chin in a little to keep the head level
- Be sure the head is square on top of the neck and spine, not pushed out forward
- Stand straight and tall, with shoulders upright

## Summer!!

Where has the summer gone? Hopefully your plants are in full bloom and you have yielded a fruitful harvest from any vegetables or fruits you have grown.

Remember when picking fresh fruits and vegetables to bend at your knees so you don't injure your back. Also, if climbing a tree to gather fresh fruits make sure you have the ladder on a sturdy foundation and only to go up a couple of steps. It is always a good idea to have a family member or friend with you for safety purposes.

Fresh fruits and vegetables provide so many health benefits. It is wonderful this time of year to have so many tasty choices.

Apples, nectarines and peaches are all in season offering us a great opportunity to can some up to enjoy during this upcoming winter, maybe I will make some homemade applesauce! It is always a great idea to see how many colors of the rainbow you can eat in a day. The many different colors all provide different nutritional benefits so if you "eat a rainbow of colors" you will be maximizing your health benefits!



## Continue: Good Posture Help Reduce Back Pain

- If standing for a long period of time, shift weight from one foot to the other, or rock from heels to toes.
- Stand against a wall with shoulders and bottom touching wall. In this position, the back of the head should also touch the wall - if it does not, the head is carried too far forward (anterior head carriage).

### Walking Posture

- Keep the head up and eyes looking straight ahead
- Avoid pushing the head forward
- Keep shoulders properly aligned with the rest of the body

### Driving Posture

- Sit with the back firmly against the seat for proper back support
- The seat should be a proper distance from the pedals and steering wheel to avoid leaning forward or reaching
- The headrest should support the middle of

the head to keep it upright. Tilt the headrest forward if possible to make sure that the head-to-headrest distance is not more than four inches.

### Posture and Ergonomics While Lifting and Carrying

- Always bend at the knees, NEVER the waist
- Use your large leg and stomach muscles for lifting, not your lower back
- If necessary, get a supportive belt to help maintain good posture while lifting
- When carrying a heavy or large object, keep it close to your chest
- If carrying something with one arm, switch arms frequently
- When carrying a backpack or purse, keep it as light as possible. Balance the weight on both sides as much as possible, or alternate from one side to the other
- When carrying a backpack, avoid leaning forward or rounding the

shoulders.

### Sleeping Posture with Mattresses and Pillows

- A relatively firm mattress is generally best for proper back support, although individual preference is very important
- Sleeping on your side or back is usually more comfortable for the back than sleeping on your stomach
- Use a pillow to provide proper support and alignment for the head and shoulders
- Consider putting a rolled-up towel under your neck and a pillow under your knees to better support the spine
- If sleeping on your side, a relatively flat pillow placed between the legs will help keep the spine aligned and straight.

**There are a number of specific exercises that will help stretch and relax the major back muscles. Please call the office to schedule a short consultation so I may teach you how to perform the exercises safely.**

### Patients' Comments



"I was very pleased with my therapy. The doctor was always pleasant." C.W., Country Club Hills, IL

"What I like most about my therapy was the personal attention I received." B.B., Oak Forest, IL

"Dr. Naglaa is very thorough. She truly cares to help her patients get better." K.F., Oak Lawn, IL

"I learned a lot about my pain and what I needed to do improve it." A.F., Hickory Hills, IL