

SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
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MAY 2011 ISSUE

SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

- Belton/Raymore
- Blue Ridge Tower
- Clinton
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

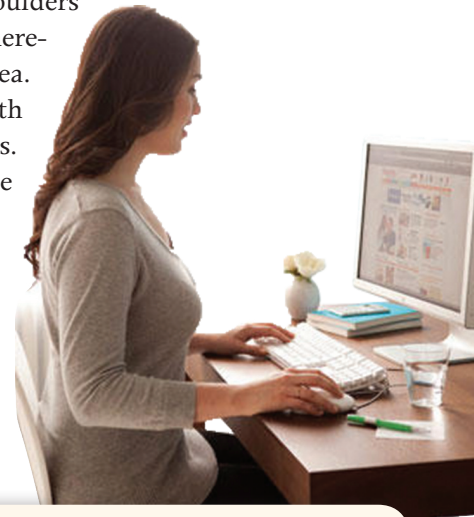
IN THE CLINIC | Posture Correction

Correct posture can be an aid in helping to relieve a majority of aches and pains. Optimal body alignment facilitates optimal function of the musculo-skeletal system, while faulty alignment can lead to incorrect movements from perpetually shortened or lengthened muscles.

Typing, holding a phone in the crook of your neck, going up and down stairs repeatedly or any other activity that you repeat several times an hour at work or at home can lead to a breakdown of soft tissue and/or bone, which can lead to pain. This is also true of sustained postures, such as sitting at a desk for hours.

Physical therapy can help correct posture and maintain corrected alignment with exercises to strengthen and lengthen, or balance, appropriate muscles. Neck pain and shoulder pain are increased with poor posture since rounded shoulders and a slumped back require sustained neck extension to look straight ahead. With proper posture, your neck and shoulders can be in a more neutral, aligned position, therefore decreasing the stresses placed on the area. Both low back and hip pain are decreased with improved posture, based on the same principles. If you keep good, neutral alignment and decrease stress on the joints, they will be more resilient and less likely to cause pain.

Consider physical therapy as a conservative, non-invasive option to treat pain resulting from poor posture. Physical therapy addresses the root of the problem, returning you to work and daily activities pain free.



TIPS FOR GOOD DESK POSTURE

- Adjust your chair to fit you (feet flat on the floor, armrests meet your elbows, hips and knees at 90 degree angles)
- Sit with your hips all the way back into the seat of the chair and use the seatback to support you
- Make sure the monitor or items you're using are at eye level
- Use a headset if you're on the phone for extended periods of time each day
- Bring items that you use frequently closer to you
- Get up and move around at least once every hour