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How To Fix Poor Posture

Health & Wellness Newsletter

Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

Your body was made to move, especially your spine, so the more irritated and painful spines get when we get stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

Contact Therapy West Physical Therapy & Sports Medicine today to learn more about improving your posture and leading a pain-free, active life!

What Is Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Posture is defined as “the alignment and positioning of the body in relation to gravity, the center of mass, or base of support.” Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

Stop letting pain get in the way. Give us a call or visit www.TherapyWestPT.com today!



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What Is Good Posture?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

What To Expect At Physical Therapy

Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility,

all of which will positively affect your posture.

At your initial evaluation, your physical therapist will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

Call Today To Schedule An Appointment

If you are experiencing back pain, your posture may be to blame. Fortunately, Therapy West Physical Therapy & Sports Medicine is ready to help you begin your journey toward long-lasting pain relief.

Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

How EMG Testing Can Help Your Posture

EMG, or electromyography, is a diagnostic test that is ordered by your physician to measure the electrical activity of muscles. Our board-certified therapists at Therapy West Physical Therapy & Sports Medicine use EMGs to identify neuromuscular conditions, such as muscle weakness, nerve damage, and muscle disorders.

Nerve conduction studies (NCV) are often used in conjunction with EMG to provide more information about how your body is functioning. We use NCV testing to further evaluate nerve function by measuring the speed and strength of electrical signals as they travel through nerves.

Once your physician interprets these tests, we use your results to help us identify and treat muscle imbalances, which can contribute to poor postural habits and improper movement patterns. Our therapists will then tailor your treatment plan to include exercises that specifically target muscle groups that are not working correctly or are compensating due to an injury you are dealing with.

With the help of EMG and NCV testing, our physical therapists will tailor their treatments to address each individual patient's specific needs and goals. This can help to improve your posture and overall function so you can get back to doing what you love most!

Call today to request an appointment and learn more about our EMG testing to see if it's right for you!



Staff Spotlight: Beth Anderson, DPT

Beth knew she wanted to be a physical therapist after listening to both a college professor and physical therapist share an impactful experience where PT helped a young girl learn to walk again.

Five years after earning her Bachelor of Science in Exercise Science from BYU, she went back to school and earned her Doctor of Physical Therapy degree from Rocky Mountain University of Health Professions.

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