

**HIBBING**  
1101 East 37th Street, Suite 20  
Hibbing, MN 55746  
Phone: (218) 440-1548

*Your Life • Your Health • Your* **CHOICE!**



## Improve Your Spine Health By Improving Your Posture

Your body was made to move, especially your spine. It is common for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful. A common reason why this happens is due to poor posture.

Posture plays a large role in our everyday lives. How you sit, stand, stretch, and lift all play a role in the pressures on your spine. Fortunately, Choice Therapy can help ease some of this physical stress. Specialized hands-on techniques and exercises can help restore the flexibility in your spine and improve your posture. Our dedicated physical therapists can also provide you with helpful lifestyle changes for improving your posture and spine health. Contact our office today to learn more!

### WHAT CAN I DO TO IMPROVE MY POSTURE?

When standing, walking, and sitting, imagine a string pulling you up through the top of your head. This brings your neck, shoulders and back into better alignment.

Sitting is the position that puts the most pressure on the lower back. It is

important to break up your sitting time throughout the day and take frequent breaks. Work in standing or walking tasks at various times throughout the day, limiting your sitting to about 30 minutes at a time.

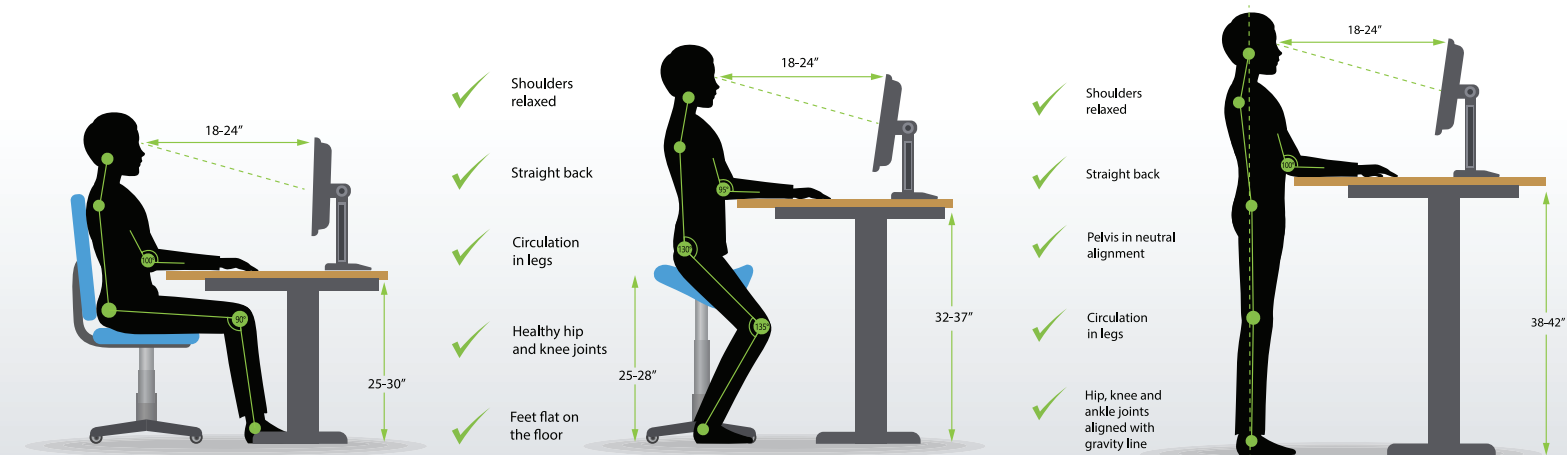
It is also important to make sure your core muscles are strong, as this is an integral part of practicing proper posture. Your core muscles are made up of your abdominal muscles, spinal muscles, and pelvic/hip muscles. It is very common for these muscles to become weak with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strengthening your abdominal and hip muscles can go a long way to providing the necessary muscle support to your spine. Consult with one of our dedicated team members today to discuss how our individualized treatment plans can provide you with the best core exercises for your needs.

[www.choicetherapy1.com](http://www.choicetherapy1.com)



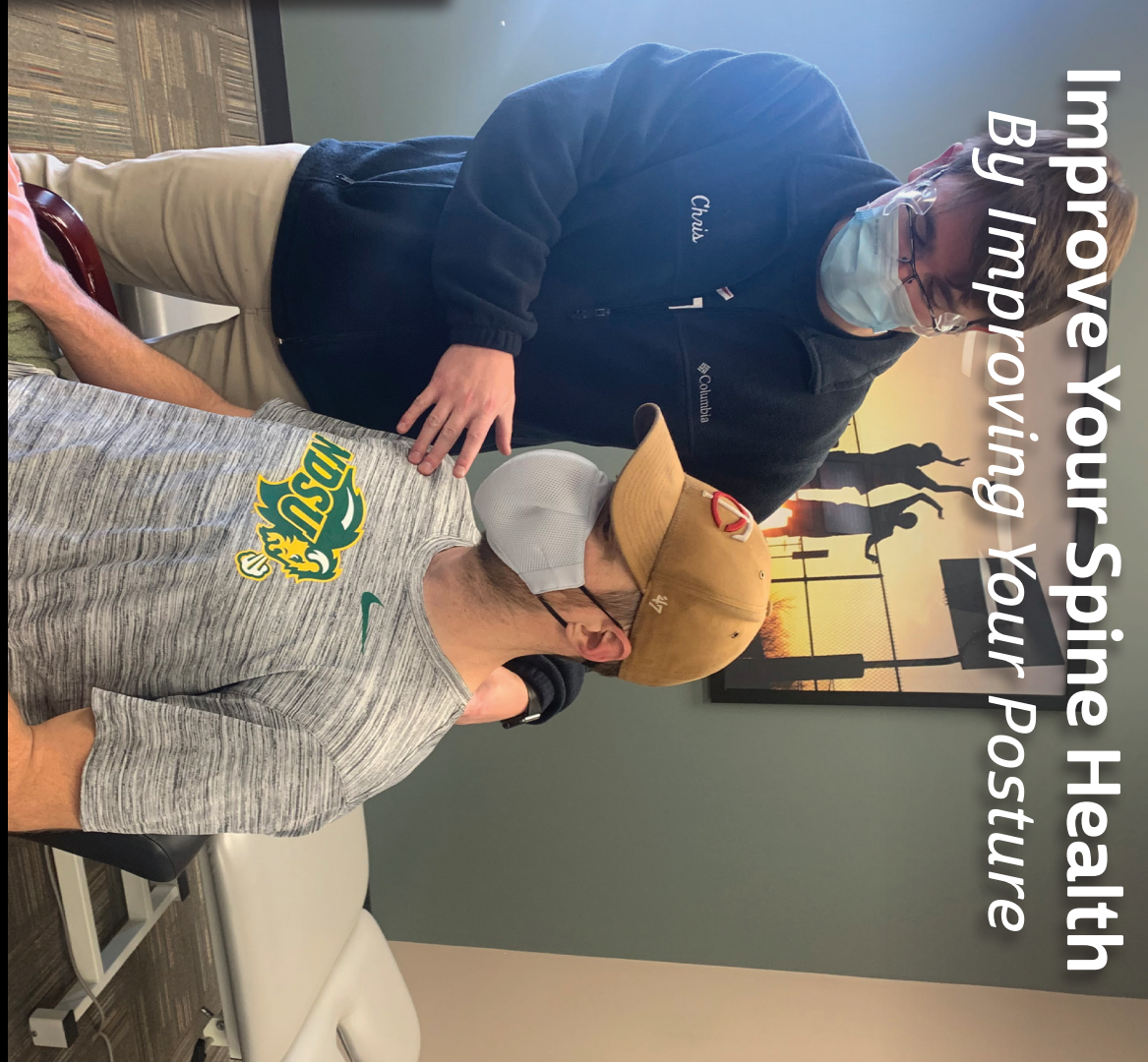
### HEIGHT-ADJUSTABLE TABLE POSTURE



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### ALSO INSIDE

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**Improve Your Spine Health  
By Improving Your Posture**

**Choice Therapy**  
Physical • Occupational • Speech

**YOUR HEALTH**  
NEWSLETTER



# How Can Physical Therapy Help With My Spine Health?

Most spine pain comes from the following 4 trouble areas:

- 1. Poor posture and alignment.
- 2. Lack of knowledge on how to bend, lift, sit, sleep.
- 3. Lack of muscle strength.
- 4. Poor flexibility and muscle coordination.

By improving posture and core strength, you can relieve some of these troublesome causes. There are a couple key ways that improving posture with your physical therapist can help promote spine health:

**1. It encourages strength and flexibility.**

If you have struggled with poor posture for a while, there is a good chance that it will be difficult to maintain proper posture in the beginning. It may take some time in physical therapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physical therapist to achieve your physical goals will lead to greater overall fitness. The stronger and more flexible you get, the less likely you are to suffer from back pain on a regular basis.

**2. It improves function for all activities.**

When we think of posture, many of us picture an image of static positions – such as sitting at a desk or standing up straight. However, proper posture



can be (and should be) incorporated into everything we do.

Through physical therapy treatments, your physical therapist will guide you on how to maintain proper posture during all of your favorite activities, such as walking, running, and playing sports. The improved posture you adopt in each activity will lessen the wear and tear you put on your spine, which minimizes the risk of developing back pain from these activities.

**3. It avoids harmful anatomical changes.**

The ways in which you use your spine can actually cause changes to your anatomy. The stress caused by sitting hunched can eventually lead to damage of your muscles, joints, spinal discs, and the nerves and blood vessels that travel through your spine. Fortunately, in many cases the damage can be reversed, if you engage in targeted physical therapy treatments and learn how to maintain proper posture.

**IMPROVE YOUR POSTURE WITH CHOICE THERAPY TODAY!**

Physical therapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physical therapist. Contact our office today to get started on the path toward better posture and decreased pain! We'll help you achieve the strong spine health you need.

## Health Tips for the New Year

**Shop Well For Yourself**

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

**Schedule Your Exercise**

Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

**Just Say No**

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

**Skip the Baking**

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare



ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

**Hydrate**

Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

# How Physical Therapy Can Help

Physical Therapy in Hibbing is a safe, effective, and non-invasive treatment option that is designed to relieve pain resulting from a wide range of musculoskeletal conditions, sports injuries, workplace injuries, and more.

Patients typically see a physical therapist to help manage chronic pain symptoms and prevent future injury, and regular appointments with a physical therapist are ideal for people of all ages. A few shoulder related pain conditions that a physical therapist can help with are:

- Nerve impingements
- Shoulder sprains
- Tendonitis
- Tendon tears
- Bursitis
- Frozen shoulder
- Shoulder Repairs



A physical therapist's goal is to show you new ways to do things that your pain has kept you from doing. Say you develop a muscle strain from hunching over your computer all day. This could make it hard for you to continue working normally without pain. Call today if you think physical therapy can help you.



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## Staff Spotlight



**Andi Baasi,  
Office Assistant**

Andi grew up locally here in Zim Minnesota. During her free time, she enjoys spending time with her family and dogs. You will often find her at the lake during the summer months enjoying the peace of the country.

Andi is our in office go-to for insurance benefit information. Andi prides herself on helping patients understand their benefits for therapy services so that patients can make informed decisions when it comes to billing.

If you're interested in therapy, give our office a call and Andi can certainly assist you in understanding your therapy benefits.

## Healthy Recipe

**IMMUNITY BOOST VEGAN BEAN SOUP**



**INGREDIENTS**

- 1/4 cup extra virgin olive oil
- 1 red onion, diced
- 4 garlic cloves, minced
- 2 medium carrots, diced
- 2 tbs ginger, finely grated
- 4 cups lima beans
- 1 tsp turmeric powder
- 1.5 L (6 cups) vegetable broth
- 1 small bunch of Tuscan kale, roughly chopped
- Salt & pepper to taste

**DIRECTIONS**

In a large saucepan, heat the oil and onion on medium heat until onion has slightly browned. Add in garlic and cook for another 1-2 minutes, followed by carrots, ginger, beans, and turmeric cooking for a further 5-7 minutes. Once the ingredients are well combined, pour in the vegetable broth. Bring to a boil and simmer for 10 minutes. Add in kale and season to taste. Once the kale softens a little, the soup is ready.