



STAND TALL & LIVE YOUR BEST LIFE!

Correct Your Posture
For A More Comfortable Life!

Exercise Essentials
Try These Exercises To
Improve Your Posture.

Try This Recipe!
Spaghetti Squash Alfredo



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CORRECT YOUR POSTURE FOR A MORE COMFORTABLE LIFE!

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day 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. Fortunately, posture can be improved with the help of physical therapy. Call us today to learn more about how you can improve your posture and lead a pain-free, active life!

THE 3 CURVES OF YOUR SPINE:

Your spine has 3 curves, which provide support and flexibility, in addition to protecting the nerves running up and down your spine. Your neck and lower back should be gently curved in, while your upper back should be slightly curved out.

When you slouch, the spine in your neck and lower back actually becomes straighter, while the upper back becomes excessively curved. This produces a forward-head posture and

humped upper back. If your abdominal muscles are weak, you may also experience an excessive arch in your lower back.

COMMON POSTURAL ISSUES:

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

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most

people don't pay attention to them until they begin to notice aches and pains.

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

IMPROVING YOUR POSTURE:

Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.



HOW PHYSICAL THERAPY WILL HELP

In fact, physical therapy has been proven as one of the most successful methods for improving posture. According to a study published by the National Institutes of Health, titled, "Evidence-based protocol for structural rehabilitation of the spine and posture," the method of structural rehabilitation has a strong efficacy for back pain, neck pain, and postural improvement. Physical therapists have found success in using their methods to treat postural issues, as well as the chronic conditions that may develop as a result.

Physical therapists are movement experts and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

3 SIMPLE TIPS:

Physical therapy treatments will yield the best results when focusing on improving your posture. However, there are some simple tips you can use on your own when standing, sitting, or bending in your daily life:

1. STANDING: Stand facing a mirror. Look at your shoulders - does one seem higher than the other? Look at your neck - does it tilt to one side or stick forward? Pretend that an imaginary string is pulling gently through the top of your head. Notice how your posture improves automatically when you try to be taller? Keep your abdominals slightly contracted to maintain this

posture. When walking, make sure that your arms are moving comfortably back and forth, feeling the rotation through your torso.

2. SITTING: Sit all the way back in your chair so you feel your lower back against the back rest. Avoid prolonged sitting on soft couches when watching TV, as this causes excessive slouching. Try to keep your feet flat on the floor and angle your chair so that your knees are slightly lower than your hips. Try using a small rolled-up towel for your lower back if you need more support while sitting. If you work at a computer, make sure that your keyboard and mouse are slightly lower than the level of your elbow. You may need to adjust your seat higher to make this happen.

3. BENDING: Most back injuries occur when bending and twisting at the same time. When you need to bend down to get something from a low surface, make sure you squat, and keep your abdominals tight as you do so. In addition, if you are lifting something, get your body as close as possible to what you are lifting. Try having one leg forward to use your legs more to lift, rather than your back.

CONTACT US FOR ASSISTANCE: As part of your physical therapy treatment, we can teach you proper posture, bending, and lifting techniques to protect your body from future injuries and make sure you stay healthy for the long-haul. Contact Iberia Rehab today to learn more about how we can help you live pain-free!

NEED TO IMPROVE YOUR POSTURE? TRY THESE EXERCISES AT HOME!



SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.



FRONT PLANK

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up on your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.

ARE YOU READY FOR A PAIN-FREE LIFE? CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!



TRY THIS RECIPE!

SPAGHETTI SQUASH ALFREDO

INGREDIENTS

- 4 lb. spaghetti squash
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 c. half and half
- 3 tbsp. butter
- 1 c. Parmesan cheese
- 4 tbsp. shredded Mozzarella cheese

DIRECTIONS

Scoop out and discard seeds from spaghetti squash halves. Prick outsides all over with a sharp knife; season insides with 1/4 teaspoon with each salt and pepper. Microwave, cut sides down, on a large microwave-safe plate on high 10 minutes or until tender. Meanwhile, in a small saucepan, heat half-and-half and butter to simmering on medium-low; simmer 5 minutes, or until reduced slightly, then whisk in finely grated Parmesan cheese. With a fork, scrape the flesh of each squash half to separate into strands, leaving a 1/2-inch border on sides; divide sauce among halves and top each with 2 tablespoons shredded mozzarella cheese. Broil 1 to 2 minutes or until bubbly and browned in spots. Optional: Serve with a green salad.

Source: <https://www.countryliving.com/food-drinks/recipes/a33054/spaghetti-squash-alfredo-recipe-gH11114/>

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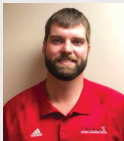


SPORTS & REHABILITATION

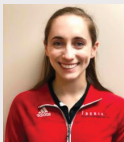
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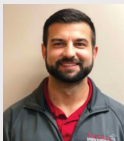
Keith Dalton is a physical therapist who works with orthopedic deficits to return back to their daily lives without pain or limitation. He has worked with patients from all walks of life including college and professional athletes. He has training in dry needling, myofascial release, applied functional science and dynamic taping.



JASON KEIGLEY is a physical therapist who works with various orthopedic, neurological, and vestibular pathologies by improving patient's functional deficits. Jason got his certification in Functional Dry Needling from Kineticore and certification in Applied Functional Science from the Gray Institute.



ALEX DARBY graduated with her Doctorate of Physical Therapy in May of 2018. She is very passionate about exercise and enjoy doing CrossFit, and is excited to work with residents of her hometown of New Iberia.



MATT LOPEZ is a physical therapist that specializes in outpatient orthopedic rehabilitation. He has spent the last 7 years working at Iberia Sports and Rehabilitation treating all types of injuries including joint replacements, sports and work injuries, as well as, chronic pain patients.

Learn more about our staff and how they can help you by visiting our website at isrehab.com!

IMPROVE YOUR NUTRITION THIS FALL!

1. HARVEST YOUR HERBS. Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

2. BECOME A SOUP CHEF. Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

3. MAKE A NEW FERMENTED FRIEND. Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

