



PRO THERAPY

Progressive Rehabilitation Orthopedic Therapy, Inc.
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Lake Havasu City, AZ 86403

Phone: 928• 854•4776 Hours: Monday - Friday 8AM - 5PM

HEALTH



YOUR MOTHER WAS RIGHT.

Now that we're adults we appreciate just how often our mothers were right about practical daily matters. If your mother ever scolded you with "Sit up straight!" Or "Don't slouch!" let's hope you listened to her.

Poor posture can lead to and aggravate a number of chronic physiological ailments, including such things as carpal tunnel syndrome, shoulder pain, and neck and upper

back problems. The first step to correct the problem is to be aware of your position. When in a car or at a computer, assess how you're sitting. Always try to keep your head straight up and your shoulders back. If you need to adjust your car seat or workstation chair do so.



While at work get in the habit of totally changing your position every hour or two. Simple stretching every now and then throughout the day also helps to relieve pressure. If your posture problems persist, see a physician to get your condition evaluated. After such an evaluation, doctors will often refer the patient to a physical therapy facility. It's there that trained and certified physical therapists

instruct patients in stretching techniques and home exercises. Hands-on treatment is often used to assist in relieving pain or any other ancillary problem. In some cases, the physical therapist can help make necessary modifications in the home environment, or at the workplace if therapeutic changes need to be made there too.

One of the chief focuses of a physical therapist is education. Patients are not only taught new exercises and therapies while at the facility, but they're also instructed how to continue such exercises and therapies back at home. To truly regain independence the most important point to remember is that patients must be taught how to help themselves.

Sponsored by PRO Therapy.

Individualized Treatments for Personalized Results

Back and Neck Pain

Shoulder, Elbow, Wrist and Hand Injuries

Ankle and Foot Problems

Knee Injuries

Work-related Injuries

Sports Injuries

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