



Healthful

NEWSLETTER FOR YOUR HEALTH & WELLNESS

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FALL & WINTER 2009

TOP SECRETS for a Healthy Back *and reducing back injuries*

Our back is a key area of the body. It links the upper and lower body. Muscles in the low back area are called 'Core' muscles which include the abdominals, trunk and hip muscles. These muscles provide support to the spine and the whole body. Weakness of core muscles causes imbalance of the low back area, which results in back pain and injuries while lifting, bending, sports etc. So, a strong core is the key to a healthy back. Another secret is good body mechanics. What that means is to keep a good posture while doing different activities.

How to build a strong Core?

Following are some of the good exercises one can try to build a strong core:

Partial sit ups: Lying on your back with your knees bent up, roll up your head and shoulders till your shoulder blades are off the surface.

Bridging: Lying on your back with knees bent up, lift your pelvis up in the air.

Quadruped tummy tucks: On your hands and knees, suck your stomach in.

How to use good Body Mechanics

Lifting/Carrying: To lift objects from the floor, use your hips/knees to lower down and keep your back straight. Do not bend at your back. While carrying, keep your stomach muscles tight and hold the objects close to your belly button

Standing: If working in standing, stand close to the workstation. You can also keep one foot up on a stool.

Sitting: While sitting in a chair, make sure your feet are touching the floor and your knees are at the level of hips. Keep your back straight.

Please Note: Above exercises are for informational purpose only and not for treatment. If you have any back/joint problems, please consult with your Physician or Physical Therapist for a customized program.

For more details, talk to one of our Physical Therapists. CALL us at 734.284.9533 (Wyandotte office) or 734.362.8200 (Woodhaven office).



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*Must have Physical Therapy prescribed by your physician.

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to schedule

Do You Have Painful, Numb, Burning feet?

This effective treatment may be just what you need

If you have painful circulatory problems that interfere with your ability to sleep, walk or do the activities you love, Anodyne Therapy Program may be just what you need. This program has helped thousands to substantially increase circulation, reduce pain and may help decrease the need for medication, in painful conditions like Diabetic Neuropathy, Peripheral Vascular Disease (PVD) and many other similar conditions. If you answer 'Yes' to any of the following questions, Anodyne Therapy may help you to get your mobility and quality of life back:

- Are you unable to walk as fast as you used to?
- Do you have difficulty sleeping because of your pain
- Does a painless and non-invasive treatment appeal to you

For more details, talk to one of our Physical Therapists. CALL us at 734.284.9533 (Wyandotte office) or 734.362.8200 (Woodhaven office).



We treat following conditions:

- Neck pain
- Back pain and Sciatica
- Joint & Muscle pain
- Shoulder pain/tendonitis
- Rotator cuff injuries/repairs
- Tennis elbow
- Hand Stiffness, Pain, Arthritis
- Carpal Tunnel Syndrome
- Hip pain, Bursitis
- Sacroiliac joint pain
- Knee pain / ligament injuries
- Plantar fasciitis
- Painful, Numb feet (Neuropathy)
- Difficulty in walking/Balance problems
- Joint replacement therapy
- Dizziness

CONTACT US TODAY

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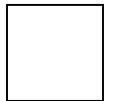
Phone: **734.362.8200**

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