



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

PRIORITYPT.NET

Did You Know... *We Are A Direct Access Clinic!* & We Can Help Relieve Your Back Pain



**Fitness Center
(Palmyra)**

**Healthy Recipe:
Avocado-Egg Toast**

**Patient
Success**

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



**Priority
Physical
Therapy**

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Scan to Book Today!



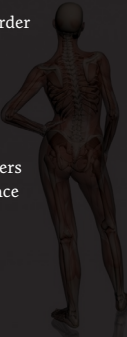
*Is it time for your
next appointment?
Scan the QR code
to visit our website.*



Make Your Body A Priority

We Can Help you with:

- Back Pain
- Neck Pain
- Hip & Knee Pain
- Foot & Ankle Pain
- Shoulder Pain
- Elbow Wrist & Hand Pain
- Arthritis
- Balance & Gait Disorder
- Chronic
- Dizziness & Vertigo
- Fall Prevention
- Headaches
- Incontinence
- Neurological Disorders
- Pediatric Incontinence
- Pediatric
- Pelvic
- Pre-Surgical Rehab
- Post-Surgical Rehab
- Post-Covid Rehab
- Sports Injuries
- Stroke And Brain Injury
- Tmj Dysfunction
- Whiplash
- Work Injuries



How to Relieve Your Back Pain by Fixing Your Posture

Are you able to maintain your posture throughout the day? Do you catch yourself slouching frequently? If you notice daily or persistent aches and pains in your back, your posture is likely contributing to the problem. At Priority Physical Therapy, our physical therapists can help identify the source of your pain and whether or not your posture is part of the problem. We offer solutions that work no matter what is causing your back pain!

When your posture is incorrect, it can cause stress on your back, resulting in pain, inflammation, or dysfunction. Back pain is the most commonly reported area of pain and often leads to significant limits to one's daily life. It is estimated that up to 70%-80% of adults experience lower back pain at some time in their lives.

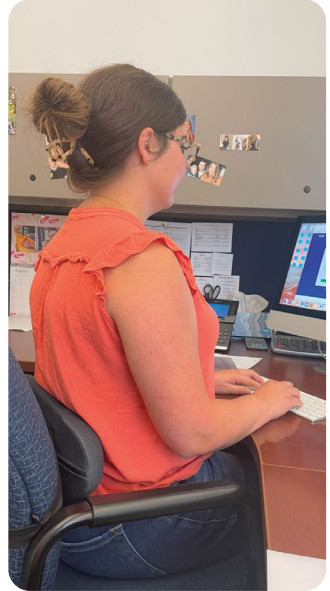
If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, or lie down. Fortunately, Priority Physical Therapy can help. We'll determine the cause of the pain so you can get back to living your life comfortably!

If you have been noticing persistent pains in your back, don't hesitate to contact us today!

Poor posture is common and may be the cause of your back pain

Very few people have perfect posture, and most people use bad postural 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.

Poor posture is one of the most common causes of back pain. It's common for people to slouch at their desks, lean forward to read emails, or just slump on their couch while watching TV. Too often, these are all things people do subconsciously without realizing the toll it takes on the body.



Contact Us Today

Missouri | 573.769.6166

South Carolina | 843.536.4888

PRIORITYPT.NET

Find Relief For Your Aching Back With Physical Therapy

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888



Your posture affects how your body moves - whether you're sitting, standing, walking, running, or performing pretty much any other task throughout the day. Your posture may also change depending on what you are doing - perhaps your posture when you stand is perfect, but when you sit at a desk, your body begins to hunch and fold in ways that it is simply not supposed to.

Poor posture isn't due to laziness or apathy; instead, it generally has something to do with our bodies' habits or physical weakness. Even if you exercise regularly, there may still be weak muscles or compensations contributing to poor posture. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an essential role in your posture. If even one of these is weak, your posture may suffer.

Find relief for your aching back with physical therapy

Physical therapy is a great way to regain normal posture. At Priority Physical Therapy, our physical therapists are experts in movement and excellent resources to have when trying to achieve your physical performance goals. We will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture. At your initial evaluation, we will start by conducting functional testing to

identify weaknesses contributing to your posture and causing your back pain. In addition, we will identify any mobility changes in your spine that may influence how you hold your body when you sit, stand, or move.

Our customized treatment plans are tailored to your specific needs and typically include manual therapy and targeted stretches and strengthening exercises to alleviate pain and regain proper postural habits.

Your physical therapist may add treatments, such as ice and heat therapies, ultrasound, or electrical stimulation as appropriate. Find out for yourself why physical therapy is one of the most effective ways to address your back pain and start on the road to recovery and improved posture.

Steps to improve your posture on your own

Poor posture can be challenging to overcome. The more you practice proper posture, the easier it will become. Here are a couple of tips you can try at home:

Sit properly: Start by scooting your buttocks to the back of the chair and sitting back against the backrest of the chair. Using lumbar support can help you maintain the upright position.

Take breaks: It is vital to make sure that you get up every 30-45 minutes and take a short walk, at least for a minute or two. Changing your positions can prevent the slouched posture from becoming your default posture.

Sometimes the most helpful solution is to avoid the problem from the beginning. Starting in a good posture and taking frequent breaks can eliminate the pain associated with poor postural habits.

Sources: <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6305160/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

Schedule An Appointment Today

Contact Priority Physical Therapy today to schedule a consultation and figure out how physical therapy can help your posture!

MISSOURI | 573.769.6166

SOUTH CAROLINA | 843.536.4888

PRIORITY PHYSICAL THERAPY



Did You Know...

We Are A Direct Access Clinic!

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed.

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Do I Need A Prescription?

NO, you don't. Although we see many patients sent directly by their physician, a licensed physical therapist may begin the physical therapy process by performing a full physical therapy evaluation. We accept most insurances and will verify benefits for you so that you can get started right away.

Call Us Today!

MO: 573.769.6166

SC: 843.536.4888



Patient Success



"I came to Priority Physical Therapy because of back pain. The exercises, massage of painful areas, and ending with ice, over time relieved all my back pain. It also treated sciatic pain that crept up. I am able to walk without pain, and do my house work like changing the sheets on my bed and reaching into cabinets. The therapists are wonderful. I am thankful that I do not have to leave town to receive treatment. The care here is very good." — Pat H.

Healthy Recipe: Avocado-Egg Toast

Ingredients:

- ¼ avocado
- ¼ teaspoon ground pepper
- ¼ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)



Directions: Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

Share Your Success!

Scan To Share Your Story!

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!



Call to Book today! Make your body & health a Priority!

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