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Improve Your Spine Health By Improving Your Posture



— FREEDOM REHAB —
AQUATIC THERAPY AND BALANCE CENTER

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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, Freedom Rehab Aquatic Therapy & Balance Center 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.

Have back pain that won't go away?

We want to help you! Call us at (941) 400-1505 to schedule your appointment today!



1. **Feel free to call us and ask to speak to your therapist.**



2. **Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.**



3. **If further assessment is warranted, your therapist might recommend you to come in for an appointment.**

Call Freedom Rehab Aquatic Therapy to schedule your appointment today!

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 Freedom Rehab Aquatic Therapy & Balance Center 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.

CALL US AT (941) 400-1505

Coming Soon



Our new second larger pool and a wellness workshop with a medical clinician to answer all your questions!



FREEDOM REHAB
AQUATIC THERAPY AND BALANCE CENTER



Strawberry & Banana Popsicles

- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

4 Simple Ways To Make Hydration A Habit



Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. **Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. **When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
3. **Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
4. **Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

CALL US AT (941) 400-1505

Upcoming Workshops

Imagine having fun, learning something new and touring a physical therapy clinic designed to get you stronger, decrease your pain and reduce your risk of falls. With Freedom Rehab Aquatic Therapy and Balance Center's community events you can do just that and leave knowing your time was well spent!

Aquatic Therapy Workshop *(It's more than just water aerobics!)*

Sunday, June 13th - 2:00PM

Sunday, July 18th - 2:00PM

**Pre-registration is required*

FRATABC is inviting you to get in our 91-degree salt-water pool and experience our hallmark "Aqua Vita" aquatic program. Each class is limited to 7 participants. Make sure to wear your bathing suit and bring a towel!

Water Aerobics Class

Sunday, June 6th - 2:00PM

Sunday, July 11th - 2:00PM

**Pre-registration is required*

This will be a fun upper and lower body work out with some light cardio mixed in. We are requiring a one to one 30-minute safety evaluation with one of our aquatic therapists prior to admission. Class is limited to 8 participants.

Vestibular Rehab Program, Freedom From Falls

Wednesday, June 23rd - 5:00PM

Wednesday, July 7th - 5:00PM

**Pre-registration is required*

Come see how you stack up with people your gender and age with your balance and safety by participating in a series of standardized balance tests. After the evaluations, we will share some safety and fall prevention tips and tricks and educate on our vestibular rehab program, Freedom From Falls.

Weight Loss From Freedom Workshop

Wednesday, June 30th - 5:00PM

Wednesday, July 21st - 5:00PM

**Pre-registration is required*

FREEDOM REHAB AQUATIC THERAPY AND BALANCE CENTER is going to show a live demonstration of water aerobics session which is part of our hybrid land/water WEIGHT LOSS FOR FREEDOM program.

Wellness Workshop With Dr. Erick Mejia Of Family Doctors Of North Port

Tuesday, July 27th - 6:00PM

**Pre-registration is required*

In this workshop you will have a hot topic presentation, track your vitals and have an opportunity to ask Dr. Erick Mejia questions related to your health.

All events will have light refreshments and preregistration is required. Call Freedom Rehab Aquatic Therapy and Balance Center at (941) 400-1505. Located at 17162 Toledo Blade Blvd Port Charlotte.