

The Newsletter About Your Health And Caring For Your Body



“What Is Considered A Healthy Spine?” A HEALTHY SPINE PREVENTS BACK PAIN

Is your spine healthy?

Compare yourself with the ideal healthy spine below to see if your spine has the following:

- Good posture and spinal curves
- Strong abdominal and core muscles
- Strong spinal and gluteus muscles
- Good flexibility and balance with side-bending and rotation
- Good nutrition and rested well at night

How can you improve your spinal health?

You think about eating right, exercising and having a healthy

heart, but what about your back? Your spine is what gives you the ability to move around, protects your spinal cord and allows you to breathe properly. In fact, almost every function in your body is directly connected to the health of your spine. Therefore, it stands to reason that you should care for your back like you do your heart. Anybody with back pain can tell you that it interferes with your life, but with the right help, back pain can be a thing of the past.

Look inside for tips on how to improve your spinal health...

“How Should I Relieve M

6 STEPS TO A H

Your spine is a complicated structure of vertebrae, discs, joints, and muscles. Every day your spine is moving in a delicate balance, even

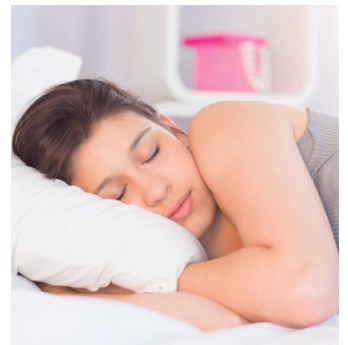
1. Eat Right

Nutrition is critical to having a healthy body. The same goes for your spine. Protein rebuilds spinal muscle tissue, ligaments and tendons. Healthy fruits and vegetables contain the vitamins and antioxidants to make the spine function. They rebuild bone, muscle and connective tissues that are constantly being used throughout the day.



2. Rest

Throughout the day your spine is compressed with standing, sitting and bending. You can actually lose about ½ an inch over the course of a day. Adequate rest in a good position while sleeping, helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up. This allows the discs to rehydrate. Then continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.



3. Stop Smoking

Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.



ly Back Pain Naturally?"

HEALTHY SPINE

joints, ligaments, tendons, muscles and nerves. Every second while you breathe! Take care of it and it will take care of you.

4. Improve Your Flexibility and Strength

Your spine and body is designed to move. Keep your spine flexible by stretching for 10 minutes every day. It is best to get up and move around when possible at work. Stretch your spine out by reaching overhead and leaning over to one side, then the other. Also, work on gently twisting at the waist and don't forget to stretch your hamstring muscles frequently. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, squats and other exercises to keep your spine and core muscles strong. This supports your spine and allows you to move without stressing the discs or nerves in your back.



5. Improve Your Posture and Balance

Make sure that you sit properly with a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods as this keeps your spine in a flexed position. Make sure that you keep your spine straight when lifting, using your legs and avoiding twisting. Keep your balance tip-top to activate the small muscles of the spine and use your nervous system. Enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.



6. Have a Spine Check-up

Have a physical therapist spine specialist check your spine alignment and function every 6 months to ensure your back is moving how it should. Our physical therapists are the medical experts in helping your back operate as it should. If you are suffering with backaches and pains, come in for a check-up sooner rather than later. Long term aches and pains can mean permanent damage is being done to your spine. Catching back pain early, leads to a healthy spine for life.



Patient Spotlight

My lower back pain has disappeared!

Success Story: - E.D.R.

"I came to iMotion because I was having back pain during my pregnancy. I could not walk without pain going down my leg. Every time I went from sitting to standing, I was in such severe pain I couldn't stand up straight and could hardly walk. I couldn't sit for more than 15 minutes without feeling lower back pain. After therapy, my lower back pain disappeared, I can walk long distance and sit without pain."

CALL FOR AN APPOINTMENT TODAY!

Fremont: 510-745-7700

Los Gatos: 408-637-4777

www.imotionpt.com

Why Choose iMotion Physical Therapy?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended

Exercise Essentials

Try this simple exercise to keep you moving...

The exercise below is designed to be performed under the instruction of a licensed physical therapist.

HELPS WITH BACK PAIN

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and/or buttocks. Hold for 30 seconds and repeat 3 times.

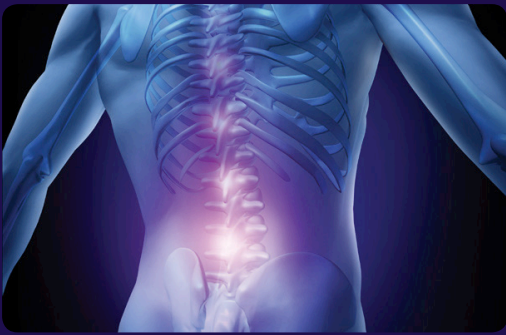
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www.simpleset.net



Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle


iMotion
PHYSICAL THERAPY

**REFERRAL
HOTLINE
510-745-7700**



iMotion

PHYSICAL THERAPY

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Pratik Shah, PT • We take the time to listen to you

- Expertly trained therapists
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- Doctor recommended
- Experts in neck, back & orthopedic care



Sweetie Shah, PT

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