



**PHYSICAL  
THERAPY, PC**

**Orthopaedic & Sports Rehabilitation**

73 East Forrest Avenue

Suite 210

Shrewsbury, Pa 17361

Tel 717.235.1100

Fax 717.235.1105

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David A. Wilderman,  
PT,DPT,MS

Wilderman and  
Associates Physical  
Therapy, PC

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### About Us

What a variation in weather we've had over the past 2 weeks--from 80s to 30s, and lots of rain. For those of you enjoying some outdoor leisure activities such as gardening (as we are now officially into the planting season after Mother's Day), remember to take your time and go slow. Warm up by stretching for 5-10 minutes ahead of time, and take breaks as needed. Your lower back and knees will thank you!

You can learn a lot if you just listen. Throughout the years and countless conversations with health care professionals and their patients, I've learned a lot about what the community really wants from a physical therapy center. I'm proud to say I've built Wilderman and Associates Physical Therapy, PC around the community's need.

Wilderman and Associates Physical Therapy, PC combines

### Posture Perfect

Poor posture is a direct consequence of a modern lifestyle. Poor posture can add years to an individual's appearance without the slightest hint to the individual. It's likely that you may have poor posture and not know it, unless a physical therapist or an exercise professional points it out. The causes of poor posture include:



1. **Habit:** The unnatural postures of sitting at work (hunched over a computer), standing with uneven weight distribution, leaning forward with a rounded back tend to add up and cause a permanent, unnatural alignment of the spine. Unless we remind ourselves to "sit up straight", the "bad" posture becomes "normal".
2. **Injury:** If your back, neck, or shoulder muscles have been injured, you may find it challenging to sit up straight. Injury or weakness in certain muscles can force you to slouch due to pain.
3. **Stress:** Undergoing physical and/or mental stress can be exhausting on your body. Many people, when stressed, switch to shallow breathing which directly affects overall body posture. Physical stress, where we exert ourselves beyond our capacity can trigger incorrect posture. This can happen quite easily while moving furniture and appliances, or by lifting heavy boxes, or even by picking up infants, toddlers, and children improperly.
4. **Genetics:** Unfortunately, poor posture can be passed from generation to generation.
5. **Shoes:** Wearing comfortable shoes are essential for most activities. This is not just limited to the gym, running, or sports, but for every situation that requires periods of standing, walking, or moving in general. Inappropriate footwear can lead to generalized back pain, hip / knee pain, and postural problems.

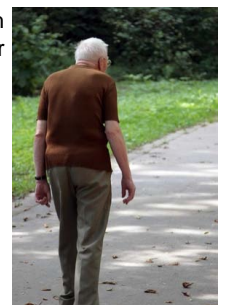
The truth is - overcoming poor posture can be challenging, especially if it's been a long time in the making.

There are proper techniques for moving and lifting heavy items, and tips to keep you from getting injured:

- Try to stretch prior to physical exertion.
- When pushing, pulling, or lifting, always take advantage of the strength in your legs, taking special care not to rely on your back for power.
- To lift a box, bend your knees and pull the box close to your stomach. If the box is on the floor, don't bend over to pick it up; even light boxes pose a hazard if they are picked up incorrectly. With any activity, it is always a good idea to keep your back straight as often as possible.

Poor posture can also be an indicator of a more serious spinal condition, such as scoliosis, an abnormal spinal curve. Scoliosis may be present from birth, or it may develop over time, although in most cases, its true cause is not fully understood. Scoliosis can be very painful because it causes misalignment throughout the entire body, but it may be diagnosed as the result of rib, hip and shoulder problems, muscle variations in the back, or nerve dysfunction

Overall, the best way to prevent unwarranted injury is by using common sense and maintaining good posture. This is exactly where we help you. Our experienced staff can alleviate poor posture and help restore muscle balance and proper joint alignment.



**Practice Makes Perfect!**

progressive treatment plans with "old-fashioned" patient care. As a physical therapist, I am committed to a comprehensive approach to recovery utilizing the latest techniques and state-of-the-art equipment. Whatever the need: return to work, back to sports, relief of nagging neck and back pain; whatever the challenge, we at Wilderman and Associates Physical Therapy, PC will rise to help our patients meet it.

And because Wilderman and Associates Physical Therapy, PC is privately owned and operated, each patient receives personalized care and is treated by the same therapist each visit. We offer immediate appointments, because we want to get our patients back on the road to recovery as soon as possible.

Best of all, we want your suggestions on how we can make our practice even better. Get your wish list ready, because at Wilderman and Associates Physical Therapy, PC we're all ears and ready to listen.

Sincerely,  
David A. Wilderman, PT, DPT,  
MS  
Owner

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### ***Free Downloadable E-books***

[10 Best Health Tips](#)

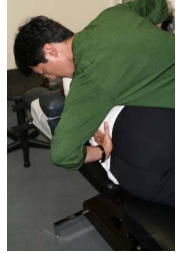
[Low Back Pain](#)

If you experience aches and pains as a result of poor posture, a good starting point is to try and correct your posture one day at a time. At work, place a small reminder on your computer, desk, or workspace to keep you aware of your position, especially if you will be sitting for extended periods of time.

Self awareness is part of the solution. If your body has found its way into an unnatural "comfort zone", remind yourself that each day you sit up straight brings you one day closer to relief. We will evaluate you to determine exactly what must be done to restore optimum posture and to relieve aches and pain, allowing you to function better and breathe more efficiently (*plus, it looks better!*).

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## **Physical Therapy As A Solution**



Physical therapy is a proven solution for poor posture and associated aches and pains. Give us a call today and take advantage of our knowledge and expertise. We will teach you the right methods to look 'posture perfect'.

Our skilled staff will provide you with a precise, targeted exercise plan (and tips on exercises to avoid) to restore optimum posture. We will also teach you the correct ways to sit and stand, move and lift items, get in and out of bed and exercise / breathing techniques to minimize strain on your joints.

So pick up the phone and give us a call - good posture is what the human body was designed for, and that's exactly what we can help you achieve!

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Wilderman and Associates Physical Therapy, PC 73 East Forrest Avenue, Suite 210, Shrewsbury, Pennsylvania 17361 Phone: 717.235.1100