



Performance For Life

NEWSLETTER

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 Achieve Therapy & Fitness, 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.

Open the Newsletter to Read More! >>



ALSO INSIDE...

- Patient Success
- Find Relief For Your Aching Back With Physical Therapy
- Don't Let a Summer Slump Slow You Down
- Staff Birthdays & Work Anniversaries



www.achieve-therapy.com

Your Back Pain Could Be Due To **Poor Posture**

<< *Continued from Front Cover*

If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, and lie down. Fortunately, Achieve Therapy & Fitness 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 T.V. Too often, these are all things people do subconsciously, without realizing the toll it takes on the body.

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.

[Turn the Page to Read More >>](#)



Find relief for your aching back with physical therapy

<< *Continued from Previous Page*

Physical therapy is a great way to regain normal posture. At Achieve Therapy & Fitness, 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.

Schedule an appointment today. Contact Achieve Therapy & Fitness today to schedule a consultation and figure out how physical therapy can help your posture!

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/>

Join us for a **FREE** Shoulder Pain & Rotator Cuff Workshop

August 17th • Grand Forks • 5:30PM

August 30th • Park Rapids • 5:30PM

Register Today!

achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop

Patient Success



"I have been doing the Winning Edge Program with Shayna for the past two summers. I've enjoyed the program and being a volleyball athlete. It's helped me perform better in my sport. I would recommend Shayna to any athlete that wants to exceed in their sport!" — **Kasey**



Staff Birthdays & Work Anniversaries



August Celebrations for Our Staff

Staff Birthdays

Katie Skorheim – August 3rd
Mike St. Onge – August 23rd

Work Anniversaries

Laurie Holte – August 1st
Cliff Lafreniere – August 1st
Tracey Kelley – August 1st
Joann Bjorkstrand – August 2nd

Bri Wirkus – August 16th
Taylor Kuntz – August 17th
Matti Robinson – August 20th
Paul Funk – August 20th

We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

August Fitness Member of the Month

Sheila is our August Fitness Member of the Month

Fitness centers you attend: I do Virtual on Columbia and Grafton.

Favorite thing about Achieve Fitness: The staff at Achieve is very friendly and is so helpful with my fitness needs. I like the variety of classes that are offered in-person and online.

Favorite fitness class: My favorite class is Pilates. I like it because it is low impact but very challenging. I also like the cardio circuit and cardio strength classes.

Don't Let a Summer Slump Slow You Down



Let's face it, summers are short up here and we all want to make the most out of what little time we have. Whether it is gardening, having fun at the lake or playing a game of pickle ball, softball or golf, we want to get out and enjoy the outdoors while we can. A lot of our summertime activities involve bending, twisting and turning, and our body feels the impact of those motions after a long winter of limited activity.

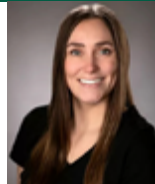
The mid part of our back, or thoracic area, often times bears the brunt of our summertime fun and is a common area to experience stiffness and soreness. This is especially true if a good part of our work day is spent sitting, driving or bending forward. All that time spent in a forward leaning posture leads to reduced movement throughout our thoracic spine and produces a weak core. The end result is added strain to our body and a decrease in performance. We can improve our posture and minimize that strain by performing one simple exercise throughout the day or as a warmup to our activity. It can also be used as recovery activity once we are done with our activity.

This exercise is what I call the Turn & Tilt. Position yourself on a stable surface like a chair or bench. Sit up straight with your head level and eyes focused forward. From this starting position, slowly turn your trunk until you feel resistance. Pause there and take a deep breath. Now tilt to the side, exhaling as you do so. Slowly return to the upright position and try turning a little bit further if you can. When you feel you can't turn any further, pause, take a breath and tilt again. Return to the upright position and repeat that process a third time. Return to your original forward-facing position and repeat the entire process, this time turning your trunk in the opposite direction. Perform this exercise 2-3 times to keep your thoracic spine mobile and your posture in a better position. This is a great exercise to do throughout the day to reduce stress and to give your body a break. Here is a video you can demonstrate the exercise. <https://youtu.be/wgSshQ1Uv2A>.



Staff Spotlight

Katie Skorheim PT, DPT



A native of Edmore, ND, Katie currently resides in Fordville, ND with her husband, two cats (Pam and Jim), and dog (Chief). Katie graduated from The University of North Dakota in 2018 with her Doctorate in Physical Therapy. She is currently treating patients at our Grafton, ND and East Grand Forks, MN clinics. She is a certified ASTYM practitioner and is currently pursuing Blood Flow Restriction Therapy (BFR) certification. Katie will be splitting her time between Grafton and Park River.

kskorheim@achieve-therapy.com

Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!



Skip The Prescription With
DIRECT ACCESS
TO PHYSICAL THERAPY

CALL 866-320-3562 TO SCHEDULE YOUR APPOINTMENT WITH US TODAY!

6 E 12th St

Grafton, ND 58237
701-380-3018

403 Briggs Ave S

Park River, ND 58270
701-490-8150

110 Pleasant Ave S.

Park Rapids, MN 56470
218-216-2491

1425 S Columbia Rd

Grand Forks, ND 58201
701-409-1614

1421 Central Ave NW

East Grand Forks, MN 56721
218-316-7798

3035 Demers Avenue

Grand Forks, ND 58201
701-409-1592



JOIN US FOR A **FREE** SHOULDER PAIN & ROTATOR CUFF WORKSHOP!

August 17th • Grand Forks • 5:30PM

August 30th • Park Rapids • 5:30PM

And more dates inside!

REGISTER HERE:

achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop