

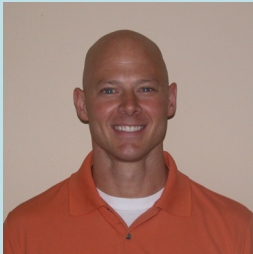


Franklin Physical Therapy at FitnessPro

“THE ORTHOPEDIC AND SPORTS INJURY SPECIALISTS”

Nov/Dec 2008 FPT Newsletter

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MS, PT, CSCS



Owner
Licensed Physical
Therapist
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GOOD POSTURE - SOMETHING WE SHOULD ALL STRIVE FOR

Posture is something we all intuitively know something about, but here is a little more detail. Ideal posture is something we all strive for. Imagine if you were looking at yourself from the side and could draw a line from the top of your head down to the floor. With ideal posture, that line would pass down through the ear canal, over the tip of the shoulder, just in front of the middle back vertebrae, through the middle of the low back vertebrae, right over the pointy bone of the hip, through the middle of the knee and outer bone of the ankle.

Some people have increased curves and their head is forward. This puts excessive stress on the neck muscles and can cause pain. Others have too large of a curve in the middle and or lower back, which can also cause unusual stress on the middle and lower back. Finally, seniors may have a forward bent or kyphotic middle back. Often the bones become wedge-shaped making it impossible to stand up straight.

We can help you with your posture as well as the pains and muscle tightness associated with poor posture. So if you or someone you know is having trouble with neck pains, low back pains, or poor posture have them give us a call.

TYPES OF MASSAGE

Everyone knows massage can feel very good, but which type is right for you? There are so many different types of massage. Swedish massage involves long, comforting strokes. Sports massage works on those muscles involved in a specific sport, like the legs with running. Deep tissue massage goes deeper and is designed to loosen areas of muscular tightness and spasm. Rolfing is painful, purported to release tightness, and realign the fascial coverings of the muscles.

Physical therapists are trained in a variety of soft tissue techniques, may use any combination of the above, or other techniques as well. If you are suffering from a muscular problem, soft tissue techniques may be part of the rehabilitation process. Please call us if you have questions.

For more information download our Posture Picture @

<http://www.ptclinic.com/downloads/1-5.pdf>

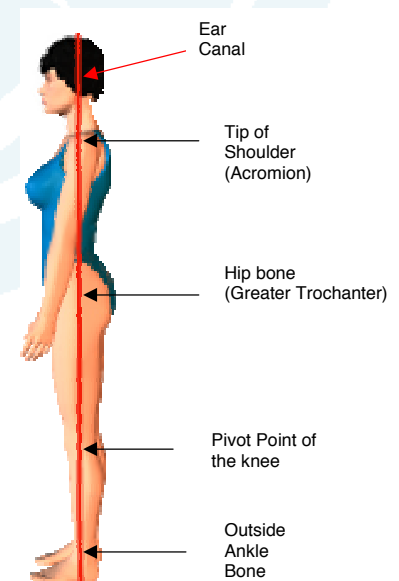
For more information about our clinic, check out our website@

<http://www.franklinpt.com>

Until Next Month,

Thanks from Matthew J. Tibert, MS, PT, CSCS

**Thank you for taking the time to read this newsletter.
Healthy regards from Franklin Physical Therapy!**



*“The
Orthopedic
and Sports
Injury
Specialists”*

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Friday
7:00 am to 12:00 pm