

Newsletter



Bristow is now offering dry needling! Call 571.832.2342 to get started.

Improve Your Spine Health By Improving Your Posture

HAYMARKET
PHYSICAL THERAPY, LLC

Results you can feel, from a team you can trust.



Beaeton: 540.952.0138

Bristow: 571.832.2342

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Newsletter



Improve Your Spine Health

Do you find your back and neck getting stiff and sore at the end of the day? Do you notice your mood feels worse after sitting slumped over your computer? If so, your posture may be to blame. At Haymarket Physical Therapy, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine!

Your body was made to move, especially your spine. It is typical 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.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These postures create a lot of stress on our spine. The worse your posture is, the more intense your back and neck pain, the harder it is to breathe, and the worse your mood becomes.

Fortunately, Haymarket Physical Therapy can help ease some of these stressors. Specialized hands-on techniques and targeted exercises can help restore mobility and strength in your spine and improve your posture.

Our dedicated physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! Call today to make an appointment.

WHAT EXACTLY IS GOOD POSTURE?

When people think of posture, they usually imagine someone sitting tall or perhaps slumped. Or they imagine someone standing tall at attention (like in the military). Posture is the position(s) of a person's body in space. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people call "good posture" (also referred to as a neutral spine). This neutral spine posture allows the body to absorb and distribute stresses from everyday activities such as sitting, standing, walking or more intense activities such as running and jumping.

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.

Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

Contact Us

We are here for you. Give us a call today to start your healing journey.

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What You Can Do To Improve Your Posture

Prolonged slumping while standing or sitting can cause your back, hip/pelvis, and abdominal muscles to become strained and painful. Poor postural habits also impact your overall health by reducing your cardiovascular function, inhibiting your breathing, impacting your balance and gait, and harming your overall mood.

Our highly trained therapists can educate you about your posture's impact on your body and teach you simple skills to find and maintain a neutral spine.

For example, when you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes at a time.

HOW CAN PHYSICAL THERAPY HELP MY POSTURE?

Physical therapy is the right solution to improving your posture and spinal health. Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

It is normal for people to lose a sense of how their postural muscles work and contribute to the health of their spine. These muscles become weak and uncoordinated with prolonged sitting, before/after pregnancy, and after surgeries or injuries.



Strength training exercises have been shown to help improve our overall posture. It is vital to make sure your core muscles (i.e., hip/pelvis, back, and abdominal muscles) are strong and integral to practicing proper posture.

Your therapist will teach you strategies like:

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

IMPROVE YOUR POSTURE WITH HAYMARKET PHYSICAL THERAPY TODAY!

Get back to your optimum health by consulting with a licensed physical therapist. We'll help you achieve the strong spine health you need. Contact our office today to get started on the path toward better posture and decreased pain!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> · <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00586/full> · <https://www.sciencedirect.com/science/article/abs/pii/S0021929020301445>

Try This Tasty Chocolate Hazelnut Biscotti

INGREDIENTS:

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup chocolate hazelnut spread (recommended: Nutella)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts

INSTRUCTIONS: Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.



5 Ways to Get Active for New Year's

If you're like the vast majority of people, your New Year's resolution is to start exercising more. There's a reason why this resolution is so popular—exercise is important! And it's something that many people don't get enough of. Are you ready to stick to your resolution this year? Check out these 5 tips for getting moving.

1. WALK AROUND YOUR NEIGHBORHOOD

Walking may not sound like a strenuous exercise, but it has many benefits and is perfect for getting back into the swing of things. Regular brisk walking can help you:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness

This is also an easy activity to do with a friend or neighbor. You can also listen to your favorite music, podcasts, or audiobooks while you walk.

2. CHOOSE A WORKOUT BUDDY

Working out with another person can help hold us accountable. Even in the new year, there will be days when staying in bed sounds much better than heading to the gym. Having another person counting on you to exercise with them is a great way to ensure you stick to your resolution this year.

3. SIGN UP FOR A CLASS OR AN ADULT SPORTS LEAGUE

Another way to hold yourself accountable is by committing to a scheduled class or team. Whether you sign up for a dance, yoga, or pilates class, the financial investment required may motivate you to stick to your routine. And working out with others in a team or class environment is a great way to meet new people and have fun!

4. JOIN A NEW GYM

If you don't already have a gym membership, signing up for one is a great way to motivate yourself to get active. Many people prefer working out in a gym instead of at home, where you have access to tons of equipment and fitness classes in some cases. Check out your local recreation center to see what kind of deals they offer this New Year.

5. DOWNLOAD AN APP TO GET MOVING

Let's face it— we spend a lot of time on our phones. Why not use your phone to remind you and encourage you to exercise? There is a huge variety of free apps on the market that can do this— and there's no shortage of free fitness apps either.



Staff Spotlight Cheyenne, PTA

Cheyenne McGuin-Withrow is passionate about helping patients reach their goals whether it is returning to sport or having a day without pain. She grew up as a competitive figure skater and dancer but her main passion was Motocross. She loves racing and eventually she earned her professional license and spent her time traveling and racing the women's pro national circuit, placing 3rd in the nation in 2018. Her interest in physical therapy was sparked by time spent as a patient in PT where she learned how rewarding it can be to see someone improve and return to what they love through exercise and hands on treatment.

Cheyenne retired from pro racing and settled in at NOVA medical campus for their PTA program where she had multiple clinical rotations including a spinal cord and stroke rehab center where she worked with patients on balance and mobility, and an outpatient clinic where she learned manual therapy techniques. She learned all levels of exercises from helping patients 1 day post-op to patients returning to sport.

In her free time, she enjoys teaching all levels of figure skating and spending time doing anything outdoors with friends and family.

Patient Success

"I chose Haymarket PT's Bealton office due to its close proximity to my home in Sumerduck and continued appointments due to the awesome staff and the great progress I made! They are not in network on my insurance but offered a cash payment plan. **I'm so thankful to the team getting me back to moving well and back to work.**" —D.H.

We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better