



# Pain Free With Perfect Posture!

By Melissa Hernandez

**B**ack pain? Neck pain? Hip pain? Headaches? You don't have to hurt anymore! Say goodbye to pain pills, muscle relaxants, and needless suffering. The staff at Full Circle Wellness Center includes highly skilled Massage Therapists, Personal Trainers and Trigger Point Therapists who can help bring your body back into balance.

Myofascial pain (pain involving muscles and the connective tissue that surrounds them) is extremely common and becomes an uncomfortable part of nearly everyone's life at one time or another, causing restricted range of motion, agonizing muscle pain, and distortion of posture. In many cases, myofascial pain can deteriorate the quality of life.

Research suggests that up to 80% of pain problems are preventable because they result from poor posture and body mechanics, which subject your body to abnormal stresses. Posture is a very powerful yet overlooked component to well-being, and is part of a positive approach to caring for your body. Posture and body mechanics are involved with how you sleep, sit, stand, work, and move.

Poor posture is a habitual form of altered movement whereby excessive stress is placed on joints and muscles. Poor posture can not only be the cause of pain, it can make existing pain worse, and can make your pain last longer. Pain as a result of poor posture may not necessarily be instant; it usually results from less forceful improper movements over a long period of time.

Poor posture has a variety of negative ramifications to health and well-being:

- results in shallow breathing and a cramped chest cavity
- contributes to faulty digestion and poor elimination
- produces excessive wear and tear on joints
- alters muscle length
- predisposes the body to injury and pain
- elicits fatigue
- impairs concentration
- produces poor venous return which has an effect on the organs and the system as a whole
- has a cyclic reinforcing effect on mood and muscle pain
- projects an image of low self-esteem and lack of confidence

Poor posture significantly affects how we feel, act, and present ourselves to the world. If you let poor posture prevail, your joints and muscles will pay the price as will your appearance.

Good Posture is neutral and relaxed. The ears, shoulders, hips, knees, and ankles align in a straight line, providing musculoskeletal balance which helps to protect the joints from excessive stress. Good posture guards against injury and possible deformity, and prevents pain. It is the process of lying, sitting, standing, and moving with the least amount of strain on the body. Correcting posture takes awareness and perseverance. It is not easy to change postural habits, and the changes don't come quickly, but the benefits are well worth the effort.

From the moment you adopt good posture you will feel an improvement in the way you carry yourself. Good posture is attractive and projects health and confidence. Good posture radiates a healthy, strong, and positive body image, and body image is closely related to your sense of self-esteem and well-being. When you sit, stand, and walk tall, your body works more efficiently. You have better balance and control over your limbs, and you have a better outlook on life. You will feel energized, empowered, and encouraged as you make positive changes to your posture. You may find that you come to prefer neutral alignment, as you look better and feel better from the inside out.

Some benefits of good posture include:

- aligns spine and joints
- gives symmetry to your shape
- provides optimal biomechanics for best possible muscle performance
- allows for optimal muscle function for maximum energy, endurance, and strength
- protects you as you move, reducing chance of injury
- reduces muscle pain
- reduces fatigue
- enhances responsiveness, concentration, and mental ability (a result of reduced pain and fatigue)
- appearance is more youthful, vigorous, competent, confident, and respectful
- helps support internal organs and allows for optimal organ function
- allows for better breathing, improved health and coordination
- strengthens and revitalizes the body, creating a sense of wellness, satisfaction, and happiness

At Full Circle Wellness Center, we treat myofascial pain with an entire treatment protocol which includes a variety of procedures: charting pain patterns; conducting postural analysis and movement observations; testing range of motion; releasing trigger points and myofascial restrictions; performing passive stretching, active stretching, contract-relax techniques, and muscle energy techniques; addressing precipitating and perpetuating factors; and implementing specific stretches, corrective exercises, and a variety of other advanced corrective techniques to eliminate myofascial pain.

Give us a call at 265-3400. Or visit our website at [www.fullcirclewellnesscenter.com](http://www.fullcirclewellnesscenter.com). We want to help! We are accepting Worker's Comp claims, MVA's, and most forms of insurance with a doctor's referral.

**We are located at 1719 Girard Blvd. NE, half a block north of Indian School. Office hours for scheduling are 8:30 to 4:30 Monday through Saturday, and clinic hours are 7 a.m. to 7 p.m. Monday through Saturday.**