



Next Step Newsletter

Next Step
Physical Therapy
(516) 681-8070

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Giving you information and answers to any physical therapy, health or fitness related questions

Is the "right" way always the best way???

During the course of my day as a physical therapists I am frequently instructing patients in proper ways to sit, stand, lay down, and pretty much do any activity you can think of. The interesting aspect of this particularly piece of my job is recognizing what is "proper" for each individual. For instance, bending forward to touch the ground can be done many different ways, utilizing primarily the back, hips and knees. What becomes unique for each person is how much each joint contributes to the total motion. Why is this important??

This is important because not all people should be taught to bend in the same manner. Certain people may have limitations in certain joints that would make bending in a certain way painful or uncomfortable. Should someone who has sever arthritis in her knees be taught to bend at the knees when reaching to the ground, so she doesn't put extra strain on her back?? I think the answer is no.

Similarly, while there is considered to be an ideal standing posture, sometimes that notion needs to be clarified. Many individuals develop back pain as a result of trying to "stop slouching and stand more straight". The problem is that sometimes these individuals are standing too straight and need to allow themselves to "slouch" a little. In addition, certain spinal conditions make it extremely painful to stand straight up. The common belief that "standing straight up is good for you" is not always true.

Now you can understand why questions like "what is the best way to bend," or "what is the proper posture for me," is not such a simple answer. That's why I always tell people to be wary of advice about posture, movement or exercise because what's good for one person is not good for everyone. If the advice wasn't given specific to you then there is a chance that it may do you more harm than good. How do you know if it's right for you??? Ask me!!!



Next Step Physical Therapy would like to thank the following people this month for referring someone to us:

The Andreuolo family, the Cordoba family, and the Pallone family.



J.D. asks: I have an arthritic knee and when I do too much it throbs and stiffens up. What is happening to my knee that makes it so??

Great Question. It sounds like your knee is swelling, a common problem associated with arthritis. Very often a throbbing sensation can indicate swelling to the area. The stiffening up of the joint also can be a result of increased fluid into the joint space from swelling, which stops the knee from bending fully and easily, creating a "stiffening" feeling. To help decrease swelling you should elevate the knee above your heart and use ice. The elevation will help remove fluid from the area, while the ice will help to lessen the active swelling from entering that area (the knee). You should always consult your physician or physical therapist if any of these symptoms persist, as there can be other reasons besides arthritis that can cause similar symptoms.

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

T or F: Everyone should stand up tall and not slouch so their backs won't hurt???

- If you have a friend or family member that you think could use our help please let us know or have them call us.

- If you would like more information on any of the topics discussed here please give us a call.

- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.

- What topics are you interested in and would like to see in the newsletter? Let us know.

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