








# NEWSLETTER

Proudly Supporting Our Community & Exceeding Your Expectations

## GARDEN POSTURE TIPS

-  **Bend with your hips, not your back.** Rounding out the lower back can weaken it & create pain & postural deformities. Keep your lower back curve intact & bend at your hips (hip hinge).
-  **Work close to your project.** Instead of reaching to work, kneel in the dirt or use kneepads. Or, try raised garden beds! Being closer to picking, seeding & weeding shortens the distance, decreasing the amount of reach & force to your lower back.
-  **Take breaks.** Water breaks, stretch breaks, throw the ball to the dog breaks. Break it up! Allow your body to relax from the repetitive motion injuries that can occur when gardening.
-  **Get help.** Disperse the workload & don't try to do everything yourself. Ask a friend or neighbor for a helping hand to dig, lift heavy objects or push loaded wheelbarrows.
-  **Look up.** Gardening requires a forward flexed head position which creates tension in the neck & upper back joints & muscles. Look up as much as you can to help prevent neck issues!

## KNOWLEDGE IS A POWERFUL TOOL

*It creates progress, helps us to make informed decisions, and acts as a guide for the future.*

*Cindi was honored to spend her 60th birthday lecturing!*

*"On behalf of Dr. Megan Lochner, Dr. Bradley Trivax, Dr. Kristin Sharar, and Dr. Vanessa Soviero, we would like to thank you for your participation in the 2024 Obstetrics and Gynecology Clinic Day Symposium on April 10th. Your participation made the day a huge success! Thank you!"*

*~ Department of Obstetrics, Gynecology & Reproductive Medicine ~  
Stony Brook Medicine*











## MAY IS PELVIC PAIN AWARENESS MONTH !

Pregnancy & birth are stressful on the body. When immersed in the fog of pregnancy &/or new motherhood, adding one more item to the list can seem daunting. We recommend that women come to us for support & treatment during their pregnancy, whether they have pelvic pain, back pain, or simply want to prepare for the marathon of labor & delivery! And, if there's one appointment that every mother should attend after giving birth, it's an assessment with leading pelvic health physical therapist, **Cindi A. Prentiss at Physical Therapy & Beyond!**

Many women are surprised to hear that this specific specialty of Physical Therapy exists. Unfortunately, ladies often don't learn of pelvic physical therapy until they're experiencing a pelvic floor issue themselves &/or their doctor recommends a visit with a pelvic PT specialist to aid in their birth recovery. At **Physical Therapy & Beyond**, we are specially trained in diagnosing, treating & managing conditions related to the pelvis! We have the ability to perform external & internal exams & treatment which enables us to provide clearer insight to the function of your pelvic floor. This personal & individually-tailored care is critical for any woman who is currently expecting or recovering from pregnancy & delivery. We also treat pelvic issues that are not necessarily related to pregnancy or child birth.

### Pelvic conditions that we can help you manage &/or heal include:

-  **Pelvic Pain**
-  **Back, Hip, Sacrum or Coccyx Pain**
-  **Painful Sex**
-  **Perineal Tears**
-  **Incontinence** (urinary, fecal, &/or gas)
-  **Pelvic Organ Prolapse** (a condition where the pelvic organs have lost structural support)
-  **Diastasis Recti** (separation of 6-pack abdominal muscles)
-  **Women who are not currently experiencing signs of dysfunction, but are looking to recover well from birth**

## Using mobile phones, tablets & other electronic devices can lead to a chronic pain condition known as "tech neck".

The prevalence of technology is leading to what's known as "tech neck", chronic pain that results from prolonged use of mobile phones, tablets & other electronic devices, according to spine specialists from the UT Southwestern Medical Center. According to UT Southwestern, Americans spend an average of five hours a day on their mobile phones & even more hours staring at laptops & computer screens. The repetitive strain on the bones, nerves & muscles caused by looking down at a device can result in muscle stiffness, joint inflammation, pinched nerves, arthritis & even bone spurs or herniated discs.

The typical adult head weighs 10-12 pounds, but bending it forward at a 45-degree angle – not unusual when looking at a cellphone – increases the force on the neck to nearly 50 pounds. With repetition, that force can strain or injure the facet joints that connect our vertebrae. When that happens, the surrounding muscles naturally tighten up to protect nearby nerves, which leads to inflammation, pain & knots in your neck – what is often referred to as "tech neck."

At Physical Therapy & Beyond, our multidisciplinary team specializes in comprehensive care for patients with all levels of neck pain, including tech neck. We use nonsurgical treatments such as physical therapy & trigger point massage to relieve pain & restore function. The good news is that most patients with tech neck don't require surgery, & we have a range of therapies that can be very effective. There's no need to live with pain if it can be treated! Please don't hesitate to call us to inquire & schedule your first step to relief!

Follow Us on Social Media @ **ptbeyond** for Daily Inspiration, Tips & Videos!



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