

A BIG WELCOME TO ROB!

Rob LeSueur, DPT

I have always been amazed of what the human body can do, and how it has the ability to recover and thrive. My mother suffered a torn ACL in her early 30's and as a young boy I would attend her physical therapy appointments. I loved watching the process and personal care it takes to help someone through an injury. This experience impacted my life and made me want to be part of people's lives in helping them through the physical struggle of overcoming an injury and get them back to living their lives pain-free.



My philosophy for physical therapy is to provide the best possible care for my patients. Each person is unique and as such I strive to tailor each treatment to the individual needs of each patient.

- DPT: University of Southern California, Los Angeles, CA.
- BS: Exercise Science, Brigham Young University, Provo, UT.

Rob grew up in Southern California and currently resides in Herriman with his wife and three kids. When he is not working he loves spending time with his family and playing sports, especially volleyball, basketball, and skiing.

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Newsletter

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CORRECT YOUR POSTURE FOR A MORE COMFORTABLE LIFE!

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of physical therapy. Call us today to learn more about how you can improve your posture and lead a pain-free, active life!

The 3 curves of your spine:

Your spine has 3 curves, which provide support and flexibility, in addition to protecting the nerves running up and down your spine. Your neck and lower back should be gently curved in, while your upper back should be slightly curved out.

When you slouch, the spine in your neck and lower back actually becomes straighter, while the upper back becomes excessively curved. This produces a forward-head posture and humped upper back. If your abdominal muscles are weak, you may also experience an excessive arch in your lower back.

partake in bad posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

Common postural issues:

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people

IMPROVING YOUR POSTURE

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.

In fact, physical therapy has been proven as one of the most successful methods for improving posture. According to a study published by the National Institutes of Health, titled, "Evidence-based protocol for structural rehabilitation of the spine and posture," the method of structural rehabilitation has a strong efficacy for back pain, neck pain, and postural improvement. Physical therapists have found success in using their methods to treat postural issues, as well as the chronic conditions that may develop as a result.

Physical therapists are movement experts and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

3 simple tips:

Physical therapy treatments will yield the best results when focusing on improving your posture. However, there are some simple tips you can use on your own when standing, sitting, or bending in your daily life:

1. Standing: Stand facing a mirror. Look at your shoulders - does one seem higher than the other? Look at your neck - does it tilt to one side or stick forward? Pretend that an imaginary string is pulling gently through the top of your head. Notice how your posture improves automatically when you try to be taller? Keep your abdominals slightly contracted to maintain this posture. When walking, make sure that your arms are moving comfortably back and forth, feeling the rotation through your torso.

2. Sitting: Sit all the way back in your chair so you feel your lower back against the backrest. Avoid prolonged sitting on soft couches when watching TV, as this causes excessive slouching. Try to keep your feet flat on the floor and angle your chair so that your knees are slightly lower than your hips. Try using a small rolled-up towel for your lower back if you need more support while sitting. If you work at a computer, make sure that your keyboard and mouse are slightly lower than the level of your elbow. You may need to adjust your seat higher to make this happen.

3. Bending: Most back injuries occur when bending and twisting at the same time. When you need to bend down to get something from a low surface, make sure you squat, and keep your abdominals tight as you do so. In addition, if you are lifting something, get your body as close as possible to what you are lifting. Try having one leg forward to use your legs more to lift, rather than your back.

Contact us for assistance:

As part of your physical therapy treatment, we can teach you proper posture, bending, and lifting techniques to protect your body from future injuries and make sure you stay healthy for the long-haul. Contact Beyond Limits Physical Therapy today to learn more about how we can help you live pain-free!



HEALTHY RECIPE: SHAMROCK GREEN SMOOTHIE

INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk
- 1 cup plain Greek yogurt
- 2 handfuls of spinach (about 1–2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

DIRECTIONS

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>



CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

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Patient Success Spotlight

"I am so glad I found Beyond Limits Physical Therapy!"

"I am so glad I found Beyond Limits Physical Therapy! Their team is outstanding! I used to go to another place for PT but found this one closer to home - My physical therapist is amazing! I had a full knee replacement and PT has been challenging - but I feel like I am so much further along due to their caring yet Challenging approach. When I have my other knee done I will MOST definitely be coming back to beyond limits" -J.J.

Relieve Pain In Minutes

Try this movement if you are experiencing back pain.

Good stretch if you sit at a computer all day.

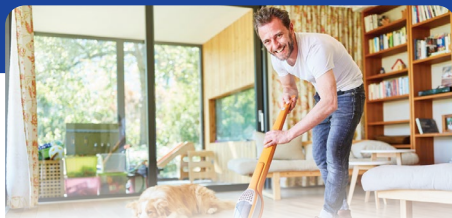
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SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.



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BENEFITS OF SPRING CLEANING

Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxbe, DE and Reppetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

Attention Pain Sufferers

Mention or Bring in This Coupon Today For a

FREE 15 MINUTE PHYSICAL THERAPY CONSULTATION*

- ✓ Do you have problems bending?
- ✓ Are you suffering from an injury?
- ✓ Do you suffer from aches or pains?

If you have answered "Yes" to any of the questions, we can help.



*consultations do not involve a physical therapy evaluation or treatment.

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