

# *Try* **Physical Therapy** **FIRST**

*by Phyllis Quinn, P.T.*



## **Posture, Back and Neck**

Does back pain adversely affect posture or does poor posture play a role in causing neck and back pain? Surprisingly, the answer is both. It has been shown that poor sitting posture can contribute to neck and back pain. For those sitting at the computer the majority of the day, it is extremely important to pay attention to proper seated posture as well as the correct height of the desk and chair. Likewise, poor standing posture places undue strain on the neck and back areas. People who have sustained injuries to the spine sometimes inadvertently alter their posture to find a position to reduce their pain. Consequently, these adaptive positions place additional stress on muscles and joints. Physical therapy can help break the vicious cycle of poor posture and neck and back pain gently, without the use of medication.

**To learn more, call  
Physical Therapy Services  
of Guilford, LLC.**

***Physical Therapy Services of Guilford***  
***500 East Main Street • Branford, CT***  
***203/315-7727***