

VOL. 2 | JULY 2023

STAY IN THE GAME



Newsletter for all our Form & Function Family



Is Sitting Really That Bad For You?

Sitting for long periods in slouched position is the number one cause of back, neck, and shoulder pain for people who visit Form and Function Physical Therapy Clinic.

Sitting is a habit that each of us does every single day. We sit on average, for nine hours a day and that's without considering the amount of time we spend lying down. I bet you're sitting down whilst you're reading this right now! And I also bet that you've told yourself that's not me when you read the first sentence of this blog. But... it is. Think about it and break down your day, how active are you really? Almost every activity we do is centered around sitting, whether that's driving, eating, working, watching TV, or even relaxing.

Don't worry, I'm guilty of it too. If you've nodded your head and said yes to some of the points above, you could be at risk of running into problems with your health—all because you (and me) sit too much. Has your back, knee, neck, and shoulder pain got worse after spending more time sitting and you're struggling to get back to being active?

OVERVIEW:

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A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Here's why. Our new blog post is all about why sitting is so bad for your health, and what you can do to limit your chances of developing health issues by improving your breathing, relaxing your muscles, and more.

WHY IS SITTING THAT BAD?

Have you ever noticed your back and shoulders feeling tight and ach when you've been sitting down for most of the day? Maybe you get that all too familiar feeling of just wanting to have a good stretch and shoulder massage. Well... there's a reason for that.

Sitting makes your shoulders achy and tight because we often sit in a slouched position and roll our shoulders forward. Over time, this can put a strain on your back and neck, causing them to tighten up... which as you know is not a good feeling. I bet if you work in an office, you're probably holding your neck in an unnatural position. I know this because you're holding your neck forward to look at your computer, this is again putting strain on your muscles.

Even by just spending an hour sitting, you reduce your body's ability to burn fat up to 90% as it slows your metabolism. This then reduces the amount of good cholesterol in your body, which could eventually lead to problems like heart disease and type 2 diabetes.

HOW CAN I EASE MY SHOULDER PAIN WHILST SITTING?

It's simple... All you want to do is relax your shoulders, then take them up to your ears (almost like you're halfway through shrugging), bring them all the way back so you're pushing your chest out, bring them back down, and then let them relax forward slightly. This is a much better position for your shoulders to be in, especially if you're working in an office and sitting for long periods. Did you know sitting can affect your lungs and other organs? This one might surprise you. When you sit for long periods, you actually reduce the amount of oxygen that enters your body. So, when you're hunched over watching the TV or

at your office desk, you're compressing your lungs and limiting the amount of oxygen that fills them. Or have you noticed that you feel bloated after a long day? Well, this could be because your digestion slows down as you're sitting in a curled position.

How Can I Help Myself? Great question and it's one that we all need to be asking. The harsh reality is that we all need to sit less and move more.

Sitting Down For Long Periods of Time Can Cause Problem, Like Sciatica, Further Down The Line, And Other Issues That Get In The Way Of Life.

Stand up when talking on the phone... or just in general

This is a personal favorite of mine; I much prefer being able to walk and talk at the same time. Standing up throughout the day and going for a short walk will help lengthen the muscles and stop them from being all 'scrunched up'.

Set A Time On Your Phone.

Set a timer for every 30 minutes and stand up and walk! Sitting is something that was once

Product We Love



Click image
for link

Using a myofascial release ball, also known as a massage or mobility ball, can offer several benefits for your muscles and fascia. Here are some of the key advantages:

1. Muscle tension relief: Myofascial release balls help to release tension and knots in your muscles by applying targeted pressure. Rolling the ball over tight or sore areas can stimulate blood flow, loosen tight muscles, and alleviate discomfort.
2. Improved flexibility and range of motion: Regular use of a myofascial release ball can help increase flexibility and improve your range of motion. By targeting specific muscles and fascia, you can enhance their elasticity and reduce stiffness, leading to improved overall movement.
3. Injury prevention: By releasing tension and promoting better muscle function, myofascial release balls can help prevent injuries. Regular use can reduce muscle imbalances, address adhesions or scar tissue, and enhance muscle activation patterns, minimizing the risk of strains, sprains, or other soft tissue injuries.
4. Enhanced athletic performance: Athletes can benefit from myofascial release balls to improve their performance. By addressing muscle tightness and promoting better muscle activation, athletes can optimize their movement patterns, leading to improved strength, power, and coordination.
5. Pain management: Myofascial release balls can be particularly helpful for managing chronic pain, such as in conditions like fibromyalgia or myofascial pain syndrome. The targeted pressure and release techniques can provide temporary relief by reducing muscle tension and promoting relaxation.
6. Cost-effective and convenient: Myofascial release balls are relatively inexpensive and portable, making them a convenient tool for self-massage and muscle relief. They can be used at home, in the office, or even during travel, providing you with an accessible means of self-care.

This tool set can be found on our recommended products page on our website. www.formfunctionpt.com

only done only when we needed a rest, and now we spend the majority of our lives either sitting or lying down. Walking for just a minute or two you're allowing more oxygen to enter your body and improve your blood flow. Any extra time spent being active is a bonus.

Stretch!

There's a reason a morning stretch feels so good, it's because you're releasing tension from your muscles after staying in the same position. So, continue to do this throughout the day, whether it's on your dinner break or when you get home. As well as this, try being more active on the weekend.

LEARN TO IMPROVE YOUR POSTURE

You don't make a habit out of something without having an initial conscious effort. Apply this to your posture. Every half an hour aim to sit up straight and take a few deep breaths. This will, again, improve the amount of oxygen entering your body and might even make you feel more energized.

SO... IS SITTING REALLY THAT BAD FOR YOU?

As I used to say... is sitting the new smoking? (Yes, I'm being serious) It's just a case of everyone else is doing lots of it, so it must be okay for me to do it too. The excuse that we hear all too often is 'well... everyone did it' and nobody questioned things like smoking until damaging health studies were produced years and years later. All of the things I mentioned above combined are the reasons why you really should not be surprised if your workplace introduces a standing desk area. Once again... I'm being serious. Standing desk areas are there to allow you to carry on with your work but reduce the impact sitting has on your spine significantly.

Staff Spotlight: Chad Snowball



Sports Massage Therapist

Hi, my name is Chad Snowball, the newest team member and Massage Therapist at Form and Function Physical Therapy. I graduated from the National Holistic Institute in Ontario, CA.

I didn't always know I wanted to work with soft tissue, but once I started, I fell in love with helping people manage their pain. I continued my education further and became certified in IASTM, a modality that focuses on the connective and scar tissue in your body. I grew up playing sports and continue to stay active in my adult life. My favorite activities are baseball, paintball, fishing, and taking my motorcycle out for a cruise, so you can believe me when I say I understand your pain! I'm looking forward to working with you all!

Health Tip & Trick: Limiting back pain from sciatica

By Trevor Field



If you are dealing with back pain from sciatica... DONT SIT THIS OUT OUT

Limiting the amount of time you spend sitting can help too. And there's something to note—I see a lot of people sitting on my couch in my clinic with back pain and they tell me that “sitting doesn't make it worse”—but what they're doing is sitting in a modified or slouched way that means they're just avoiding the pain—making the whole thing last longer and often leaving the person with an awkward looking posture long after the back trouble has gone.

Sciatica is a painful and life limiting condition. But, unless you're in the small 5% of people who nothing can be done other than surgery, there ARE things you can do. And I think what is best understand about sciatica—and something that should be communicated a lot more by health professionals trying to help people suffering—is that often when you're trying to make sciatica better in the long run, an increase in pain in the short run is normal. Not nice. But par for the course

Assisted Stretching



Let me guess... you aren't stretching as often as you should, and even when you do, you might be wondering if you are doing it properly?

Stretching... We all know we need to do it, but let's be honest, WE DON'T! Might be because we don't have the time, we don't do it right, or we just don't know where to start.

Don't let that stop you from a healthy body that moves with ease and without pain.

- **IMPROVED ATHLETIC/SPORTS PERFORMANCE**
 - For active adults & athletes looking to take their performance to their optimum level and support their training.
- **INCREASED RANGE OF MOTION & FLEXIBILITY**
 - For those looking to bullet proof their bodies and prevent imbalances.
- **REDUCED MUSCLE & JOINT PAIN**
 - To alleviate muscle tension, reducing pain in sore areas and joint pain as well as aid in injury and pain prevention.
- **IMPROVED POSTURE**
 - Proper alignment and balance through stretching helps improve overall posture and allows you to stand taller.
- **REDUCED STRESS**
 - Stretching benefits both your physical well-being and your mental health as it allows the blood and oxygen to flow better, improving mental clarity.

[BOOK HERE](#)



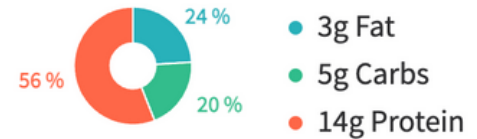
Recipe We Love *Lemon Garlic Shrimp Pasta*



NUTRITION INFORMATION

99 CALORIES PER SERVING

Serving Size: 1 servings



	% DV*
Total Fat 3g	3%
Saturated Fat 0g	
Cholesterol 99mg	33%
Sodium 318mg	13%
Carbohydrates 5g	2%
Dietary Fiber 1g	
Sugars 1g	
Protein 14g	9%

PREP	COOK	TOTAL
02 m	05 m	07 m

Recipe courtesy of "The Pound a Day Diet: Lose Up to 5 Pounds in 5 Days By Eating the Foods You Love."

INGREDIENTS

SERVES 4

- 1 sec Olive Oil Cooking Spray
- 2 1/2 tbsp Fine Chopped Garlic in Pure Olive Oil
- 1 tbsp red pepper flakes
- 2 cups Zucchini
- 16 oz Shirataki Pasta
- 12 oz White Shrimp
- 1/4 cup 100% Lemon Juice
- 1 dash Salt

DIRECTIONS

- 1 Spray a large nonstick skillet with 4 seconds of olive oil spray and place over medium-high heat. Add the garlic and cook, stirring, until it turns a deep golden brown color. Add a pinch of red pepper flakes and zucchini and cook until the zucchini is warmed through and softened, about 2 minutes. Add the noodles and shrimp and let the excess water evaporate while stirring.
- 2 Once the water has evaporated, add the lemon juice and turn off the heat. Season with salt. Evenly divide the pasta among four plates and serve.