



How to Improve Your Posture to Better Manage Your Pain

1. Who is Denise and The Manual Touch
2. Where do you have pain? After sitting so much the past couple of years - most common complaints are back and hip pain and lesser extent - shoulder pain
3. How your core and hip muscles affect your posture and function
4. Core and hip anatomy
5. Biggest mistake people make when they have pain?
 - a. They ignore it
6. How does PT help
 - a. Manual therapy
 - b. Exercise to improve your mobility, strength, balance, function
 - c. Neuromuscular reeducation
 - d. Education - Mindful of how to move throughout the day
7. Postural exercises:
 - a. Engage abs
 - b. Center of balance
 - c. How to sit - squats
 - d. Hip mob 3 planes - use ball between knees
 - e. Stand on 1 leg throughout the day w/ or w/o toe touch
 - f. Sitting - chicken wings
8. Other tips:
 - a. Importance of shoes
 - b. Get up every hour
 - c. Sitting on a ball



Videos:

<https://themanualtouch.com/videos/>

<https://www.youtube.com/c/TheManualTouchPhysicalTherapy>

Running Portal

<https://themanualtouch.com/portal-access/>

How to Improve your posture

<https://themanualtouch.com/how-to-improve-your-posture/>

4 Tips for Managing Hip Pain

<https://themanualtouch.com/4-tips-for-managing-hip-pain/>

Why Women have Hip Pain

<https://themanualtouch.com/why-women-have-hip-pain-and-exercises-that-help/>

Tips for avoiding back pain and other injuries at work

<https://themanualtouch.com/tips-for-avoiding-back-pain-injury-at-work/>

What is Mindful Walking?

<https://themanualtouch.com/what-is-mindful-walking/>