



THE PHYSICAL MEDICINE AND REHABILITATION CENTER, P.A.

www.Rehabmed.net

A COMPREHENSIVE SPINE, SPORTS AND OCCUPATIONAL REHABILITATION FACILITY

TEACHING FACULTY - COLUMBIA UNIVERSITY

Posture and Spine Health

Rebecca Brown, MD



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Many spine problems result from poor posture, which subject the spine to abnormal stresses. Over time these stresses can lead to structural changes in the spine, including degeneration of disks and joints, lengthening or shortening of the supportive ligaments and muscles, and wear and tear of cartilage. Poor posture is also a factor in conditions such as chronic headaches, TMJ dysfunction and shoulder pain.

Many people spend large portions of their day sitting or performing tasks that require bending forward or lifting. Think about your lifestyle, the postures you assume, and the activities you perform each day: if your back pain is worse at certain times of day or week, it may be related to poor ergonomics and posture. Fortunately, the main factors affecting posture and ergonomics are completely within one's ability to control and are not difficult to change.

The foundation for good neck and back care, then, starts with good posture. In this segment, we address standing posture.

Standing posture

- 1.) Feet should be shoulder width apart, thigh muscles elongated without locking the knees back.
- 2.) Maintain a small hollow in your low back, but avoid the tendency for too much arch/leaning back, especially with prolonged standing. The "tail" should remain slightly tucked down.
- 3.) Lift the breastbone. As you do this, the shoulder blades will move down in back. This should create a good distance from your hipbone to your rib cage.
- 4.) Make your chin level. The highest point of your body should be the top back region of your head. Relax your jaw and neck muscles. With the mouth closed, rest your tongue on the roof of your mouth.

A 'wall test' can be performed to help practice good standing posture. Stand with head, shoulders, and back against wall and heels about 5-6 inches forward. Draw in the lower abdominals, tilt the pelvis back and tuck down the tailbone, decreasing the arch in your low back. Push away from the wall and try to maintain this upright, vertical alignment.

Rebecca Brown is a physiatrist at PMR locations in Fort Lee, NJ, and Riverdale, NY. Her remaining two segments on Posture will be featured in upcoming newsletters.

The selections have been made for the 2011-2012 Best Doctors for New Jersey. Among the list are an impressive sixteen physicians from The Physical Medicine & Rehabilitation Center. They include:

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|-----------------------|-------------------------|
| Howard Liss, M.D. | Kara Suche, M.D. |
| Donald Liss, M.D. | Sherry Ghosh, D.O. |
| Jeff Pavell, D.O. | Jose Alonso, M.D. |
| Daniel Mendez, M.D. | Victor Bucalo, M.D. |
| Terri Katz, M.D. | Paul Jendrek, M.D. |
| Angela Ryan, M.D. | Jerry Lin, D.O. |
| Juliana Khowong, M.D. | Inderpreet Sachar, M.D. |
| Sonali Lal, M.D. | Lisa Wisotsky, M.D. |

90% of all Bergen County Best Doctors specializing in Rehabilitation Medicine and Pain Medicine are from The Physical Medicine & Rehabilitation Center.

PMR Docs Named Best Doctors in America 2011-12



Dr. Jeff Pavell has been selected for the Patients' Choice Award, a rating awarded only to a select few of the nation's most beloved doctors.



"Dr. Donald Liss was selected by Castle Connolly as one of Inside Jersey Magazine's Top Doctors, signaling that the quality of his medical work is highly regarded by his fellow physicians".

IN THE NEWS



Sport psychology coach Greg Chertok has written separate articles in the Fall 2010 and Summer 2011 editions of the American College of Sports Medicine Fit Society® Page on steps to maintain an exercise program. Greg was also recently featured in the following publications as an expert on mental toughness and exercise adherence:

- Men's Life Today; "Stoke Your Competitive Fire!", Fall 2010
- Family Circle; "8 Exercise Excuse-Busters", Winter 2011

- Milwaukee Journal Sentinel; "Personality traits matter in the NFL, but how much"? by Green Bay Packers beat writer Lori Nickel, Spring 2011
- YouBeauty.com; article on the benefits of various exercise modalities, coming soon

Certified Hand therapist Karina Manzano, OTR/L, CHT, was quoted in the March 28 issue of Today in OT. The article, "Shot to the Hand", addressed using drug therapy drug to treat Dupuytren's contracture.



What Is Osteopathic Manipulation?

Jerry Lin, D.O.

Osteopathic manipulation is a holistic treatment modality designed to help the body recover from injury through manual realignment of the musculoskeletal system. Facilitation of the innate healing properties of the body is a key aspect of this treatment.

Developed in 1874 by Andrew Taylor Still, M.D., the osteopathic manipulative practice is based on five main principles¹:

1. The body is an integrated unit of body, mind, and spirit.
2. The body has the ability to maintain and heal itself.
3. The musculoskeletal system is an integral part of the body and therefore disruptions or malalignments may affect the restoration of the body.
4. Structure and function are inter-related.
5. Manipulative therapy can assist in helping the body recover.

In time, Dr. Still's philosophy and techniques gained worldwide recognition and led to the development of osteopathic medical schools. Today, graduates earn the title of doctor of osteopathy, DO, and are conferred the same rights as an MD, but have the added bonus of osteopathic manipulation skills.

What conditions do osteopathic doctors generally treat?

The majority of cases treated are musculoskeletal disorders, such as neck and back pain, frozen shoulder, tennis elbow, and muscle strains.

What can I expect when I see an osteopath?

When you see an osteopath, a thorough history and physical will be performed, along with manual palpation to identify any structural and functional malalignments. Afterwards, gentle manipulation is performed to help muscles, tendons, ligaments, and bone to return to their preferred structural position, and thereby proper functioning. Typically, sessions can last from half an hour to an hour and occur about once a week for six to eight weeks. Patients typically experience therapeutic effects after one or two sessions.

Osteopathic manipulation is a safe and effective alternative to conventional treatments. So why not give it a try for that lingering ache?



Jerry Lin, D.O.

1 Greenman, Philip. Principles of Manual Medicine 2nd Edition. Baltimore: Williams & Wilkins, 1996.

Having severe PAIN? Want to be seen immediately?

We regularly see patients who have acute pain and injuries. Because of our commitment to patient care, our doctors' appointment schedule is modified to accommodate patients on the day of their call.

PMR classes/programs include:

Heart Healthy Yoga • "Back Friendly" Pilates
Exercise for Seniors • Massage Therapy • Nutrition
Sport Psychology Counseling • Acupuncture
EXACT Sports training • Fitness Programs • Back School
Just for KIX (Kids In 'Exercise)
featured in (201) Health and the Suburbanite!

The PM&R Center lectures on "Chronic Pain" at The Colony

The Physical Medicine and Rehabilitation Center held a free seminar at The Colony in Fort Lee on Monday, June 13th. Over 40 Colony residents and Fort Lee community members attended the free seminar and enjoyed three short talks on current clinical topics all centered around Chronic Pain. Dr. Howard Liss, co-founder of the PM&R Center, spoke about 'Diagnostic Considerations of Chronic Pain'; Dr. Terri F. Katz, a geriatrician who has an office at the facility, focused on 'Medications'; and Don Martin, P.T., physical therapist at the

Fort Lee location, spoke about 'Treatment of Pain from a Therapy Perspective'. Immediately following the seminar, participants engaged in a Q&A session and enjoyed snacks and refreshments. "The attendees gained knowledge on prevention and treatment of chronic pain," Flora Camhi of The Colony's Social Committee said. "The presentation went very well. The speakers were all very well-received, and each answered questions that pertained to the individual. It was a very productive seminar."

You can see a DOCTOR ON SATURDAY.

Yes, Saturday! We know how hard it is at times to balance work responsibilities with medical needs.

That is why we are pleased to announce that PMR has
DOCTOR HOURS AND PHYSICAL THERAPY HOURS ON SATURDAYS.

PMR Physiatry/Physical Therapy Locations

Englewood (MD, PT, OT) - 500 Grand Avenue • Englewood, NJ 07631 • Phone (201) 567-2277

North Bergen (PT) - 6301 Kennedy Blvd. • North Bergen, NJ • Phone (201) 662-7612

North Bergen (MD) - 6045 Kennedy Blvd. • North Bergen, NJ • Phone (201) 861-5244

Emerson (MD, PT) - 452 Old Hook Rd • Emerson, NJ • Phone (201) 261-4100

Rockland (MD, PT) - 365 Route 304, Suite 102 • Bardonia, NY 10954 • Phone (845) 624-2182

Riverdale (MD, PT, OT) - 5676 Riverdale Avenue, Suite 103 • Bronx, NY 10471 • Phone (718) 884-1200

Fort Lee (MD, PT, OT) - 1530 Palisade Avenue, Fort Lee, NJ • Phone (201) 363-8880