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SIT UP STRAIGHT!

Yes – your mother was right. Unfortunately most of us didn't take the time to listen to her. Posture is one of the simplest things that can be corrected in 99% of our patients that will make significant improvements in their physical wellbeing. Good posture is also one of the most difficult things to maintain. McMeen Physical Therapy can help! >>

Chronic, long term poor posture can lead to DJD of the spine and shoulders, muscle tightness and weakness, decreased respiratory system function and pain in the neck, shoulders and back for starters.

Everyone will benefit from education on proper posture regardless of age or condition. McMeen Physical Therapy can help by evaluating biomechanics and posture of your patients. We will then educate and empower each patient, teaching them specific strengthening and flexibility activities to normalize their upright static and dynamic posture.



Each patient will benefit from a general fitness program. To increase their current level of fitness 20 to 30 minutes of physical activity is suggested at least 3 times a week. A regular walking program is encouraged for all who are physically able.



"Your Movement Rehabilitation Specialists"

CONTACT US FOR MORE INFORMATION

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