

QUICK HEALTH TRICKS TO LEARN TONIGHT, FEEL BETTER TOMORROW

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Get Better. Faster.

Welcome!

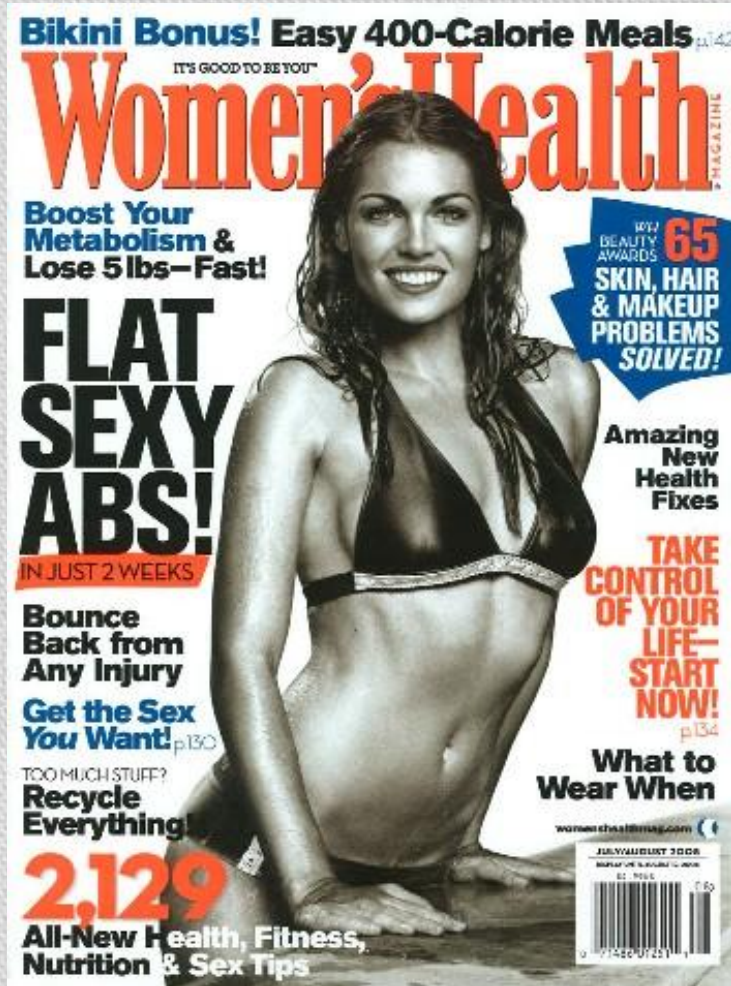
- Speaker Introduction
- Quick Health Tricks Agenda
 - Intro
 - Breathing Basics
 - Posture, posture, posture
 - Computer work station check-up
 - Scars
 - Mind-body-spirit connection
 - Q & A

Speaker Introduction



Quick Health Tricks Agenda

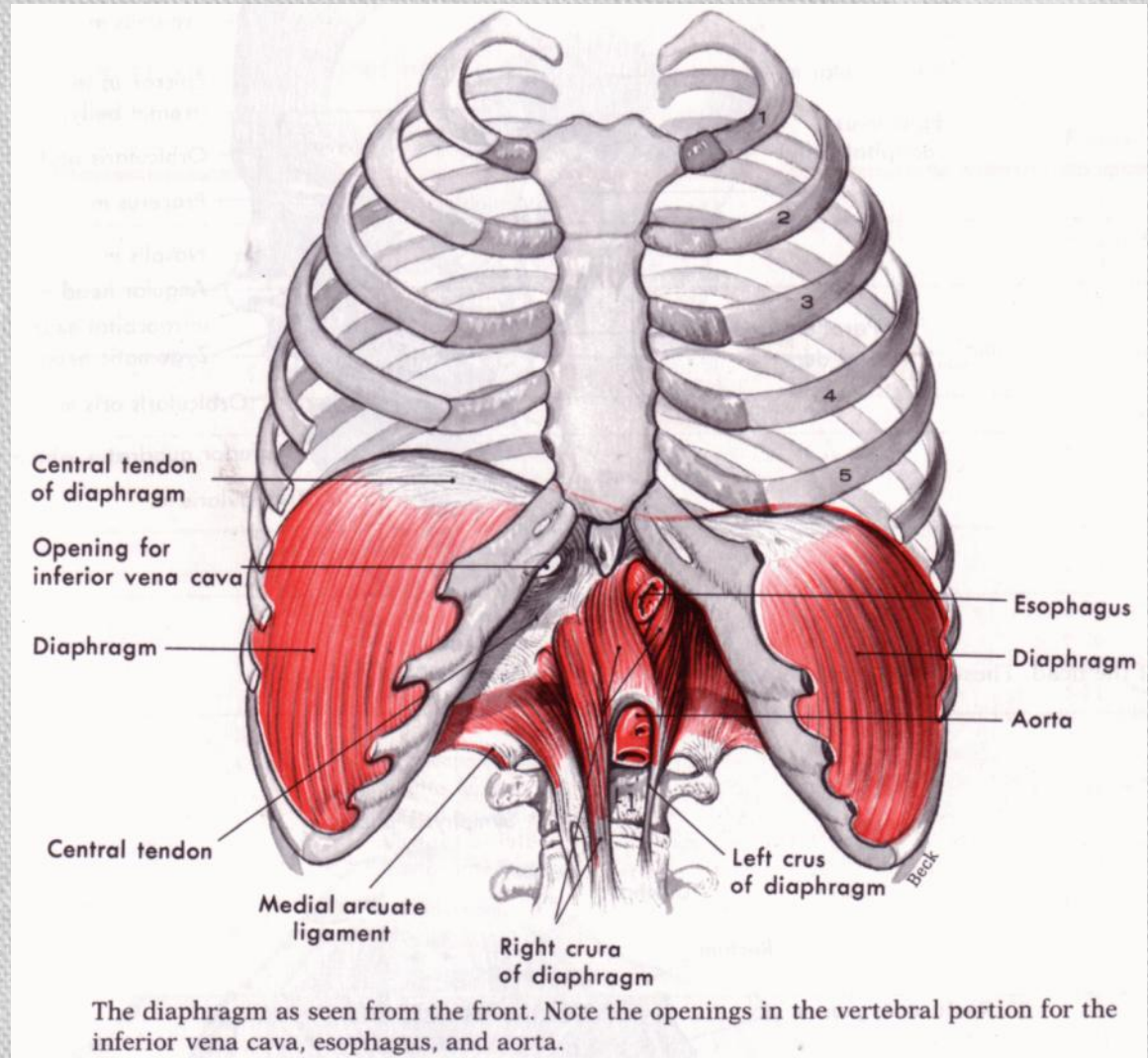
- Introduction



Breathing Basics:

Diaphragmatic Breathing

- Diaphragm

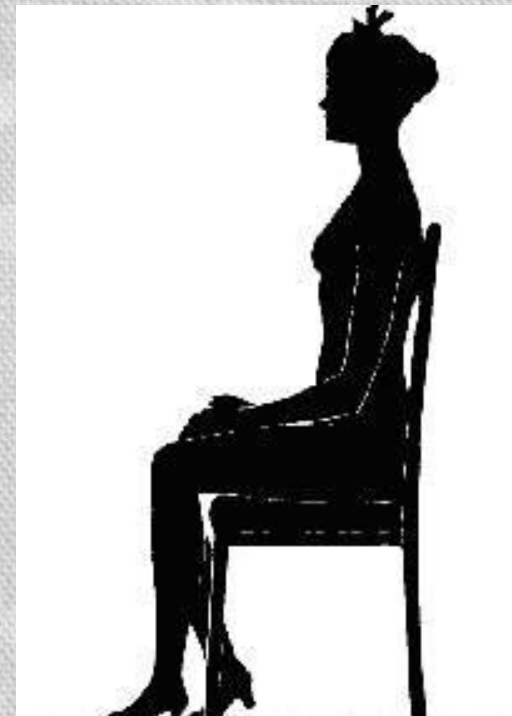


Diaphragmatic Breathing

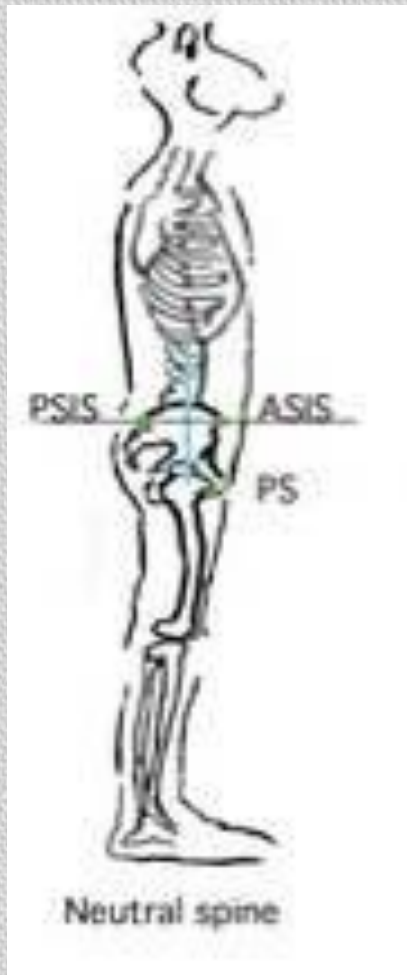
- 1) Take a deep breath in, trying to push your belly out as you “fill it” with air. (Think of having a pregnant or Santa Claus belly!)
- 2) Exhale slowly.
- 3) Repeat, exaggerating outward movement of the belly.
- 4) Check your work: there should be NO gross or actual chest movement when you breathe. (Really!) There also should be no shoulder movement when you breathe. While these areas may contribute to breathing if you have a medically diagnosed breathing or lung condition, in normal, healthy individuals who are breathing at rest, these areas of the body should not be moving when you breathe.

Posture, Posture, Posture

- Posture
 - Sitting
 - Sit tall (on the bony part of your bottom)
 - Shoulders low and relaxed, pulled back slightly
 - Chin tuck
- Supportive sitting devices
 - Pillow
 - Towel roll
 - Back support



Posture, Posture, Posture



- Standing Posture
 - Slight curve in low back
 - Chest up
 - Shoulders low and relaxed, pulled back slightly
 - Chin tuck

Computer Work Station Check-Up

- See APTA Handout



Scars

- A product of the healing process
- Regenerates actively for one year after surgery
- Is modifiable even years after surgery!
- Mobilizing a scar
 - Start with just the gentle pressure of your hand at rest
 - Move parallel along the scar's edges
 - Advance to circular motion CW and CCW
 - Cross friction massage

Mind-Body-Spirit Connection

- Girl Talk with Great Grandma



Mind- Body-Spirit



**Comparison
is the root
of all inferiority.**

Mind- Body-Spirit



***Don't worry
about the things
you can't control.
~My orthodontist***

Mind- Body-Spirit



*When you are
passionate about serving
others, you will find you
are living a life that
matters.*

~Beth Moore

Work/Life Balance Happiness/Contentment



- Questions

- Contact

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