

S U M M E R 2 0 1 2

The

# Recovery

San Antonio Center for Physical Therapy Newsletter



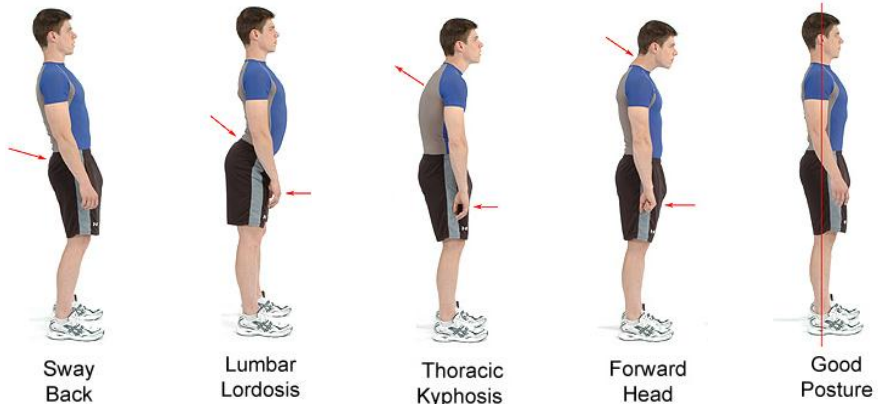
## Types of Massage

Everyone knows a massage can feel very good but which type is right for you? There are so many different types of massage. Swedish massage involves long, comforting strokes. Sports massage works on those muscles involved in a specific sport, like the legs with running. Deep tissue massage goes deeper and is designed to loosen areas of muscular tightness and spasm. Rolfing is painful, purported to release tightness, and realign the fascial coverings of the muscles. Physical therapists are trained in a variety of soft tissue techniques, may use any combination of the above, or other techniques as well. If you are suffering from a muscular problem, soft tissue techniques may be part of the rehabilitation process. Please call us if you have questions.

## GOOD POSTURE

Something we should all strive for

Posture is something we all intuitively know something about, but here is a little more detail. Ideal posture is something we all strive for. Imagine if you were looking at yourself from the side and could draw a line from the top of your head down to the floor. With ideal posture, that line would pass down through the ear canal, over the tip of the shoulder, just in front of the middle back vertebrae, through the middle of the low back vertebrae, right over the pointy bone of the hip, through the middle of the knee and outer bone of the ankle. Some people have increased curves and their head is forward. This puts excessive stress on the neck muscles and can cause pain. Others have too large of a curve in the middle and or lower back, which can also cause unusual stress on the middle and lower back. Finally, seniors may have a forward bent or kyphotic middle back. Often the bones become wedge-shaped making it impossible to stand up straight. We can help you with your posture as well as the pains and muscle tightness associated with poor posture. So if you or someone you know is having trouble with neck pains, low back pains, or poor posture have them give us a call.



Sway Back

Lumbar Lordosis

Thoracic Kyphosis

Forward Head

Good Posture

# SAN ANTONIO Center for Physical Therapy

San Antonio Center for Physical Therapy is a privately-owned clinic offering personalized rehabilitative care to individuals with neuromuscular and musculoskeletal dysfunctions. The Doctors of Physical Therapy are certified Manual Therapists and specialists in orthopedic and sports injuries. We are committed to excellence by providing quality, cost-effective, outcome-based physical therapy. It is of utmost importance that our patients are treated with respect and friendliness in a professional, caring environment.

Dr. Jarrett and Dr. Nietz received their Manual Therapy Certification (MTC) during their Doctoral studies at the University of St. Augustine for Health Sciences in Florida. They utilize a unique manual approach to specialize in the treatment of spinal dysfunction, headaches, neck pain, and sports injuries. They are the company Physical Therapists for San Antonio's premier professional ballet company, Ballet San Antonio. Dr. Jarrett and Dr. Nietz have specialized training and certifications through the American Sports & Fitness Association and the Harkness Center for Dance Injuries. Dr. Nietz has further training and certification through BACKtoGOLF and the Titleist Performance Institute.



**Shea E. Jarrett**  
PT, DPT, MTC



**Brian C. Nietz**  
PT, DPT, MTC

**San Antonio Center for Physical Therapy**  
**Located in Suite 210 of the Sonterra Oaks Medical Plaza**

**From I-10:**

Take 1604 East to 281. Stay on access road and take the turnaround to access road for 1604 West. Turn right on Hardy Oaks Blvd, just past Macaroni Grill.

**From 281, Heading North or South:**

Take Sonterra Blvd Exit. Take right onto Sonterra Blvd. Turn left on Hardy Oak Blvd.

**From I-35:**

Take 1604 West to Stone Oak Pkwy Exit. Merge to right lane of access road. Turn right onto Hardy Oak Blvd, just past Macaroni Grill.

