



WHY WE NEED A STRONG CORE

An efficient breathing pattern reinforces a strong core to enrich the following:

- Durability in Exercise
- Vitality
- Breath Volume
- Spinal Ease
- Circulatory Flow
- Lymphatic Function
- Mental alertness

A weak core may lead to the following common problems:

- Poor Posture
- Headaches
- TMJ or Jaw Pain
- Neck Pain
- Shortness of Breath
- Carpal Tunnel Syndrome
- Constipation
- Low Back Pain
- Sciatica
- Urinary Incontinence
- Frequency of nighttime urination
- Restricted mobility of Spine and limbs in all directions

JUST BREATHE

Simply stated, as you take a breath in your belly and ribs should expand. As you exhale your belly and ribs should narrow.

Slightly deeper breaths should occur without first activating your neck muscles or elevating the shoulders. This pattern is known as "Upper Respiratory Breathing" and it contributes to neck issues, core weakness and many other problems.

Furthermore, sedentary life styles, office jobs, childbirth, injuries/surgeries and aging contribute to core weakness. Simply put, breathing correctly will help keep you out of trouble!

Strengthening your core through synchronous breathing will help your posture, mobility, and health. You are ALWAYS breathing, so practice NOW - in your car, on the metro, in your office chair, during commercials, and especially when you exercise. Happy Breathing!

**For more information or to schedule
an appointment please call
703-527-8446**

Just Breathe

**"Gateway to
the Core"**

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