

MOTION MONTHLY

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Nutrition Corner: Tart Cherry Juice Concentrate

Packed with anti-inflammatory and anti-oxidants, adding 2 tablespoons tart cherry juice concentrate 30-45 minutes before bed can help reduce pain levels and, as an added benefit, helps naturally produce melatonin. As always, speak with your doctor prior to adding supplements.

Community

Laws of Motion is proud to donate a portion of our first quarter revenue to Lily's Pad to help support the building of a "clean" indoor playground in Tempe for children struggling with cancer. This is so important to allow a kid to act like a kid despite the uphill battle they face. Find out more at lilypadaz.org.

Quote

Whether you think you can, or you think you can't, you're right.
- Henry Ford

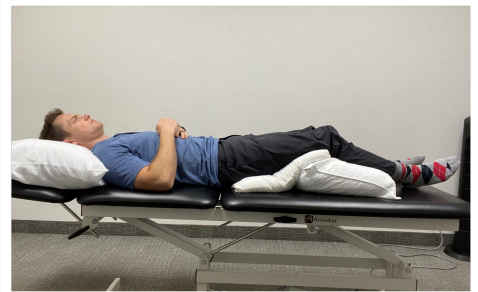
Sleep Position for Acute Pain

Sleep position can be an absolute game changer for those that have pain while sleeping or notice that their pain is worse in the morning. Maintaining a neutral position while sleeping can be a challenge but these positions should help limit your pain. Check out this month's blog post for more detailed information. Click [here](#)

Side Sleeper - For side sleepers, it is important to keep a neutral cervical and lumbar spine while fully supporting the top arm and leg. You may need to add a towel support for the neck.



Back Sleeper - For back sleepers, adding support under the pelvis and knees can drastically reduce the amount of "pull" you can feel in the low back.



Stomach Sleeper - We recommend a modified stomach position for those that have to sleep on their stomach. The emphasis here is to keep the head and neck from being maximally rotated through the night.

