



NEWSLETTER

# THE IDEAL TREATMENT FOR LOW BACK PAIN

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# NEWSLETTER

## THE IDEAL TREATMENT FOR LOW BACK PAIN



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Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point in their life. For some, the lucky ones, perhaps, the pain is just for a day or two as a result of a particularly grueling day of yard work or a slip-and-fall accident that landed you flat on your bum with a bruise to prove it. For others, the low back pain is something that lingers for years and years, getting worse as a result of improper footwear or particularly unsupportive furniture, and never really healing or going away.

It is estimated that one-half of all Americans experience lower back pain annually, and it is considered to be the leading cause of workplace disability worldwide—not just in the United States. It is also one of the most common reasons that people miss work, and is the second most common reason that people visit the doctor's office. When you put those two facts together, the cost of dealing

with lower back pain really starts to add up. The average annual cost of dealing with back pain in the United States is \$50 billion dollars. Unfortunately, a lot of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain. A far healthier and cost-effective solution is through physical therapy.

**Lower Back Pain in the United States.** According to the National Institute for Health, the rates of low back pain have been steadily rising in the United States over the past 20 years. The study was conducted by medical researchers at the University of North Carolina at Chapel Hill. Researchers consulted with members of the North Carolina community who experienced back pain to understand what caused their pain, how frequently they experience the pain, and what the severity of the pain is like. They found by talking

with household members across the state that the incidence of lower back pain has increased significantly since the last time this survey was conducted, which was in 1992. Since 1992, the percentage of people coping with lower back pain increased from just over three percent to well over 10 percent. This is a significant finding, especially when it was found that the increase in lower back pain remained constant across demographics. A further interesting finding is that of those who experience lower back pain, 84 percent opted to seek medical treatment to address the pain, which was an increase of more than 10 percent in 1992. This means that while more people are experiencing back pain, more people are also seeking treatment for that pain, though there is still an approximate 15 percent of the population who are coping with severe lower back pain without treatment. For those, seeking support from a physical therapist could significantly improve quality of life.

**SCHEDULE A CONSULTATION TODAY  
GET RID OF YOUR ACES AND PAINS!**

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# Lower Back Pain & Physical Therapy

Physical therapy is a great resource for lower back pain because it addresses the cause of the pain, rather than simply attempting to hide the symptoms. Working with a physical therapist can help you to experience improved range of motion, to restore strength to muscles in your lower back that may have experienced atrophy through lack of use, and also reduce tension in your lower back muscles through targeted massage.

When working with a physical therapist, you may also be guided through different lifestyle changes that you can make that can help you begin to overcome your back pain with everyday activities. This can include:

- Making changes to the type of shoes that you wear so that your back is getting more support with every step. Sometimes, using special insoles can significantly improve your back pain.
- Adjusting your sleeping habits, or perhaps investing in a new mattress so that your back has more support at night.
- Using more lumbar support at work or on your commute by using a special chair or chair cover.

Lower back pain is a pain in the butt, but you don't need to deal with it any longer. Reach out to your physical therapist for information and support overcoming lower back pain, and finally find long-term relief.

Source: <https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>



**Call us today to schedule an appointment (907) 562-2118.**



## White Chocolate Raspberry Smoothie

### INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries

- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

### INSTRUCTIONS

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

Recipe: <https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

*happy valentine's day*

**CALL US TODAY FOR AN APPOINTMENT (907) 562-2118**

## Patient Success Spotlight



**"I highly recommend this practice out of all Alaska!!!"**

*"Great Dr's! Thank you so much Wise Physical Therapy, my 9yr daughter is walking and feeling better because of your expertise. We took her other places and they could not help and she did not feel comfortable with them. But Wise Physical Therapy REALLY HELPED!!! The whole staff is very nice and always try to go out of the way to make my daughter laugh and feel better. I highly recommend this practice out of all Alaska!!!" - A.J.W.*

## Relieve Pain In Minutes

Try this movement to find relief from daily aches and pains.

### Stretches Lower Back



### PIRIFORMIS STRETCH

While lying on your back, hold your knee up and over towards your opposite shoulder. Hold for 20 seconds and repeat 3 times on each leg.



### Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: \_\_\_\_\_

Refered by: \_\_\_\_\_

**A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!**

**Call (907) 562-2118 Today!**

## Tips For Better Heart Health!

- 1. Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



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**"Our Mission is Movement!"**