



NEWSLETTER

WHERE IS YOUR BACK PAIN COMING FROM?

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NEWSLETTER

WHERE IS YOUR BACK PAIN COMING FROM?



INSIDE:

- Is My Neck Causing My Back Pain?
- Healthy Recipe

- Relieve Pain In Minutes
- 4 Ways to Stay Hydrated This Summer



Your spine is a complex part of your body – it requires proper posture, flexibility, coordination, and strength, in order to do its job correctly. When one of these elements is altered, your spine can emit painful responses that can settle in other nearby parts of the body.

According to the National Institute of Health, approximately 80% of adults will experience lower back pain at some point in their lives. Back pain is actually the most commonly reported location of pain across the globe. But how often is the source actually another part of your body?

Pain is usually connected:

Your spine is a lengthy structure, and pain can travel along it. Let's say you are prone to neck pain – perhaps you have a slouched posture from sitting at a desk all day and the pressure radiates in your shoulders. Or, maybe you've had a previous injury, such as whiplash, that still elicits painful stings every now and then. Now, let's say you begin feeling pain in your lower back in addition to your neck pain. Why does this happen?

Basically, the pains are connected to each other. Your head weighs about 10-12 pounds, which is roughly the weight of a bowling ball. When you slouch, or compensate pain by realigning your body, your back muscles have to work extra hard to keep you from toppling forward. Have you ever been so tired that your head begins to bob and it jolts you awake? That's because your head is heavy! The weight from the motion wakes you back

up because your body isn't used to carrying it in that way.

This is also why pain in your lower back may occur as a result. Your back muscles are working in overdrive and may be constricting to try and hold you up. If you notice neck and back pain at the same time as one another, try sitting up straighter – it should help ease some of the stress!

Is your neck the culprit?

The most common combination of pain is in the neck and the back. If you are experiencing both, it is most likely stemming from the neck.

We don't typically think about it, but we use our necks for a lot of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder when backing out of a driveway, use a lot of neck muscles. When you do simple tasks such as these, do you find yourself turning your entire body, as opposed to just your head? If so, you could experience back pain along with your neck pain.

When you have limited motion in your neck, your body compensates by twisting more than it usually would, thus over-rotating your lower back. This could cause a source of pain or general discomfort in the area, due to abnormal overuse. If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help. Call us today to talk to an expert about how we can relieve your aches and pains!

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

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Is My Neck Causing My Back Pain?

It can sometimes be difficult to determine if your back pain is rooted in and genuinely want to see you feel better - so why wait? Say goodbye to your daily aches and pains with physical therapy today!

1. Stand straight in front of another person. They will be your eyes regarding the movements you make.
2. Once they are watching you, turn your head as far as you comfortably can to the left. Repeat the same motion to the right. Have them take note of how far you are able to go.
3. Now, sit down in front of the same person. Repeat the same turning motions from a chair or couch. Again, have them take note of how far you are able to comfortably turn your head.
4. Ask if there were any differences in the turning movement. Did one side seem to turn further than the other? Was there a difference in standing vs. sitting?

This test is helpful in finding out if your neck is causing (or is at risk of causing) pain in your lower back. If your movement is limited, especially sitting down, it means that the muscles in your back or upper back are tight. These constricted motions can cause pain in the lower back.

How can physical therapy help me?

Physical therapy is the leading recommendation for back pain. Physical therapists are trained to evaluate muscle and joint movement, and they can easily assist you in finding the root of your problem. They will thoroughly evaluate you to figure out why you are experiencing pain, determining the source and treating all affected areas. After your initial consultation, they will create a specialized treatment plan for you, based on their diagnosis of your specific needs. A physical therapist's end goal is the same as yours – to get you feeling better, healthier, and more comfortable! If you are experiencing lower back pain and think it may be caused by an issue occurring in your neck, give us a call today. We'll get you moving comfortably again in no time.

CALL US TODAY TO SCHEDULE AN APPOINTMENT (907) 562-2118.



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ACAI SMOOTHIE BOWL

INGREDIENTS

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla greek yogurt
- 1 tablespoon honey

- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

DIRECTIONS

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthezoo.com/acai-bowl-recipe/>



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4 Ways To Stay Hydrated This Summer

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

Relieve Pain In Minutes

Try this movement to find relief from neck pain.

Strengthens Neck



QUADRUPED ALTERNATE ARM & LEG RAISE

While on your hands and knees, slowly raise up an arm out in front of you. Then, slowly raise the opposite leg behind you, while keeping your back straight. Hold for 10 seconds. Repeat 3 times on both sides.



Staff Spotlight



Dr. Briana Fellows, DPT

Briana Fellows was born and raised in upstate New York. Briana graduated from Nazareth College of Rochester in 2014 and has been certified in LSVT BIG, a protocol for the treatment

of Parkinson's, since 2016. Briana is an avid hiker and is excited about her next chapter here in Alaska.



1200 Airport Heights Drive
Suite 170 (Building E)
Anchorage, AK 99508-0031
Phone: (907) 562-2118
www.wisept.com



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