



NEWSLETTER

OUR SERVICES

THERAPEUTIC EXERCISE

BALANCE TRAINING

POSTURAL RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE MOBILIZATION /

MYOFASCIAL RELEASE



LEAVE YOUR BACK PAIN BEHIND

www.wisept.com



NEWSLETTER



LEAVE YOUR BACK PAIN BEHIND

According to the American Physical Therapy Association, back pain is the most commonly experienced type of pain across the United States. In fact, one in every four Americans has experienced back pain within the last three months.

The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. Fortunately, Wise Physical Therapy can get you the help you need so you can improve your quality of life!

Did you know this about back pain?

"Back pain" is an all-encompassing term used to describe a vast number of conditions that cause pain in the upper or lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

The most common cause of back pain is from sustaining an injury. This can happen in one of two ways - from an instant, sudden trauma, or from a repetitive-use injury that develops gradually over time.

Because back pain is so commonplace in the United States, there is a lot of information we have on the topic. Below are some facts about back pain:

- Back pain is the number one disability for those under age 45.
- In the United States alone, there are an expected 31 million people with lower back pain at any given time.

- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- Experts place the likelihood of any person to experience some type of back problem in their lifetime at about 80%. That's four out of every five people!
- 30-40% of all workplace absences are due to back pain.
- Approximately one quarter of U.S. adults reported having low back pain lasting at least one whole day in the past three months, and 7.6% reported at least one episode of severe acute low back pain within a one-year period.
- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical—meaning they are NOT caused by serious conditions, such as infection, fracture, or cancer.

Find Relief with Wise Physical Therapy

Fortunately, back pain can be relieved with the help of physical therapy. Physical therapy can help improve your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended. At Wise Physical Therapy, we can provide you with helpful tips to prevent your back pain from returning.

Your physical therapist will also work with you to implement an individualized treatment plan, based on your specific needs. The main stages of your plan will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your physical therapist may deem fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

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

www.wisept.com

HAVE YOU REACHED YOUR ANNUAL DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today at phone number to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

7 TIPS TO AVOID BACK PAIN



While consulting with a physical therapist is the first step in finding relief, there are a few tips you can also try on your own, in order to relieve your back pain at home.

- 1. Get more exercise.** If your back is hurting, you may think the best way to get relief is to rest. However, studies show that frequent changes in position and regular physical activity can actually help ease inflammation and muscle tension faster in the back.
- 2. Maintain a healthy weight.** Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting a strain on your lower back. Maintaining a healthy weight can help control back pain and will provide additional health benefits.
- 3. Quit smoking.** Nicotine in smoke restricts the flow of nutrient-containing blood to spinal discs. Because of this, smokers are especially vulnerable to back pain, which typically dissipates on its own after the nicotine is out of your system.
- 4. Adjust your sleeping position.** If you're prone to back pain, talk with your physical therapist about the best sleeping position for you. It is important to sleep in the position that will help you achieve the most rest. It is typically best to avoid sleeping on your stomach. If you enjoy sleeping on your back, you can try putting one pillow under your knees and another under your lower back. If you sleep on your side, you can try pulling your knees slightly toward your chest and sleeping with a pillow between them.
- 5. Improve your posture.** Posture is important, whether you're working, exercising, or simply relaxing. Find a good chair to sit on that will allow you to keep your feet flat on the floor while you sit. Try to avoid soft couches or chairs that put you in a slouched position. When standing, try to alternate your positions and walk around if possible. Have one foot forward when standing, alternating between feet every 10 minutes.
- 6. Watch how you lift.** It is a common mistake to lift with your back, rather than your legs. Make sure you don't bend over at the waist to lift heavy objects. Instead, bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push heavy objects, rather than pulling them.
- 7. Use supportive shoes.** A good pair of cushioned shoes can reduce pressure on your back. When possible, avoid wearing high heels, as they shift your center of gravity and strain your lower back.

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

HOLIDAY CHRISTMAS TOFFEE



INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- 1/2 cup butter (1 stick)
- peppermint candy

DIRECTIONS

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

RELIEVE PAIN IN MINUTES

Try this movement to find relief from lower back pain.

Helps Relieve Back Pain

 SimpleSet Pro
www.simpleset.net

PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Keep this leg straight, and hold in place for at least 2-3 seconds. Slowly lower and then repeat with the opposite side. Do not allow your spine to move the entire time. Slowly perform at least 10-15 repetitions.



PATIENT SUCCESS STORY

"My back pain started many years ago when I was a firefighter in the USAF. I injured my back and to be honest gritted through the pain and didn't take care of myself. I absolutely loved my job and didn't want to be cross trained into something I may not like. So for half of my 20-year career and now 8-years into retirement I lived with pain nearly every day. I went to PT before through the military but it always seemed like a lecture versus supportive care so I was not receptive.

Katelyn (Dr. Keith), did an awesome job of assessing my daily pain and linger effects of a recent flare up. She developed a regime for me that reduced my daily pain to nothing and started me on a track to strengthening my body again. The impact was almost immediate. I literally walk faster now without pain, I can sit through those boring meetings for hours knowing what to do to stretch things back out. This entire experience has been a life changing event for me." - D.H.



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: _____

Referred by: _____

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

Call (907) 562-2118 Today!



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

FOLLOW US!

Look and feel your **BEST.**



"Our Mission is Movement!"