



# NEWSLETTER



## KNOCK YOUR ACHING BACK PAIN TODAY

### OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

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# NEWSLETTER



## KNOCK YOUR ACHING BACK PAIN TODAY

Are you struggling with lower back pain? Did you injure your back when bending or twisting? The good news is that at Wise Physical Therapy, our physical therapists are experts at helping you find lasting relief!

Back pain is a debilitating condition that up to 80 % of the population experiences at some point in their life. One in every four Americans has experienced back pain within the last three months. The pain itself can hinder your ability to sit, stand, walk or bend. It can also impede your time spent doing recreational activities and sports.

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. With guidance from your physical therapist, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

Call today to set up an appointment with one of our highly trained therapists. At Wise Physical Therapy, you can get the help you need to improve your quality of life!

### Identifying the source of your hip and knee pain

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

Because back pain is so commonplace, there is a lot of information we have on the topic. Here are some interesting facts about back pain:

While many causes of pain exist, the most common are:

- Worldwide, back pain is the single leading cause of disability, preventing people from working and engaging in everyday activities.
- Back pain accounts for more than 264 million lost workdays in one year—that's two work days for every full-time worker in the country.
- Back pain is the third most common reason for visits to the doctor's office, behind skin disorders and osteoarthritis/joint disorders.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- 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 severe conditions, such as infection, fracture, or cancer.

*(Continued Inside)*

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

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# COMMON RISK FACTORS ASSOCIATED WITH BACK PAIN

The exact cause of lower back pain is often challenging to identify. For some people, when left untreated, lower back pain can even lead to long-term pain.

Anyone can have back pain, but the most common risk factors for low back pain include:

**Age:** The first attack of low back pain typically occurs between 30 and 50, and back pain becomes more common with advancing age.

**Activity level:** Back pain is more common among people who are not physically fit. Sedentary people are more likely to suffer painful back injuries than people who are more physically active.

**Excessive Weight:** Being overweight or obese leads to a greater likelihood of experiencing lower back pain.

**Job-related factors:** Having a job that requires heavy lifting, particularly twisting or vibrating the spine, can lead to back pain. Also, prolonged sitting, whether at a desk or driving a vehicle all day, contributes to the development of lower back pain.

**Mental health:** Anxiety and depression can influence your perception of pain and its severity. Chronic pain is also known to contribute to the development of such psychological factors.

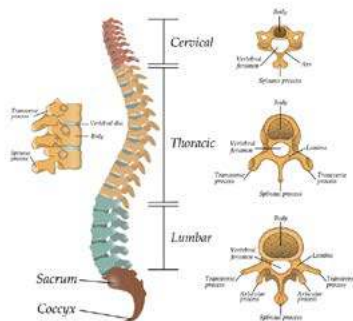
**Smoking:** Smoking limits blood flow and oxygen, causing the discs to degenerate faster and contribute to the development of pain.

## How physical therapy helps back pain

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.

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

*The structure of the segments of the spine*



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.

While consulting with a physical therapist is the first step in finding relief, the most effective solution to back pain includes learning what to do and why. Armed with an understanding of your condition, we will teach you an exercise program that ensures you find lasting relief once and for all!

## Contact our clinic today

Call Wise Physical Therapy today to set up an appointment with one of our therapists. Your physical therapist will work with you to address and treat the underlying cause of your back pain.

No matter how severe it may be, we can help you find relief so you can get back to doing the activities you love and living your life comfortably!

### Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>  
<https://pubmed.ncbi.nlm.nih.gov/26752509/>  
<https://bjsm.bmj.com/content/55/9/468>

## HOW ARE WE DOING? LET US KNOW!

*We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. We look forward to seeing you again soon!*



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

## MANGO PROTEIN SMOOTHIE

### INGREDIENTS

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)



### DIRECTIONS

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy

## EXERCISE ESSENTIALS

### BIRD DOG

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.

### BIRD-DOG



## PATIENT SUCCESS STORY

"After the birth of my first child I suffered a painful, and not perfectly typical hip injury. I had pain with walking and was sitting, with standing and with exercise, bad enough to wake me up at night. After my second child my life had sort of become about what I had to do to avoid hurting my hip. My love life was limited to whatever position I could endure the longest with my hip. My military career was in jeopardy, and I was terrified that I would lose my job after my next PT test. Not only did wise PT immediately give me hope for a recovery, they provided me an individualized and multimodal recovery program, helped me every step of the way, and supported me even after I had reached some of my primary goals. Gratitude is not a big enough word for what they have done for me. I am so glad I got the opportunity to work with them." - J.D.



### 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!**

**FOLLOW US!** Look and feel your **BEST.**



**"Our Mission is Movement!"**



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