



NEWSLETTER



BACK PAIN SLOWING YOU DOWN? PHYSICAL THERAPY CAN HELP

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Wise Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you

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injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.

- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates — that is, bulges or ruptures — and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and other symptoms.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

Why Physical Therapy at Wise Physical Therapy Is Your Back Pain Solution

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain — defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying cause of your pain rather than simply masking the symptoms.

How will we do this? Through a blend of the following techniques:

- **Manual therapy** helps manage pain, promote blood circulation, and gently improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as balance or gait training, improves areas of weakness that might contribute to your pain.
- **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or yoga practice.

Get Moving Again with Physical Therapy!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Wise Physical Therapy team is here to help you break that cycle and find relief from back pain for good.

Call us today to schedule an appointment!

CLICK HERE
to make an appointment

PREVENT BACK PAIN AND MOBILITY RESTRICTION BEFORE IT STARTS!

Do any of these statements apply to you?

- I have a job that requires me to sit at a desk.
- I struggle to find time to exercise regularly.
- I never learned proper lifting techniques.
- People frequently tell me I slouch.

If so, you may be at a higher risk of developing back pain. Several lifestyle factors can increase the likelihood of an injury leading to back pain. Fortunately, Wise Physical Therapy is a great choice not only for resolving back pain but for stopping it before it even begins!

Three Simple Back Pain Prevention Tips

Tip 1: Exercise. Regular physical activity helps strengthen the muscles that support and stabilize your spine. Find something that suits your interests and ability level, such as daily walks, simple resistance exercises, or dance fitness classes.

Tip 2: Minimize Sitting. Prolonged sitting can have wide-ranging effects, including increased pressure on your spine. If you have a desk job, get up and move around every 30 minutes or so, even if it's just to stand up and stretch.

Tip 3: Ask for Help. When it comes to lifting heavy objects, don't get ambitious! Ask for help when lifting anything heavy or awkwardly shaped, and make sure you're using proper lifting techniques. Not sure what those are? Our therapists will happily show you how to lift without risking injury.

While these tips can get you started, the Wise Physical Therapy team can help you develop a customized back pain prevention plan. We'll help you identify any lifestyle factors that might put you at risk of developing back pain and then work with you to address them.

Sources:

<https://www.choossept.com/guide/physical-therapy-guide-low-back-pain>

<https://pubmed.ncbi.nlm.nih.gov/32669487/>

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full>



HEALTHY RECIPE

BUDDHA NOODLES

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. shredded or cubed cooked chicken
- 2 c. broccoli florets, steamed
- 1 c. shredded carrots
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado, carrots and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/>

WE WANT TO HEAR YOUR SUCCESS STORY!



EXERCISE ESSENTIALS

DOUBLE KNEE TO CHEST

Try this exercise to help relieve low back pain.

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



Always consult your physical therapist before starting exercises you are unsure of doing.

Do You Have Friends or Family Who Can't:

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

Refer Them to Us for Help!

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

"Our Mission is Movement!"



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