



NATIONAL

Physical  
Therapy

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**DON'T LET BACK PAIN**  
*Slow You Down!*

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- SAY GOODBYE TO BACK PAIN WITH NATIONAL PT!
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## DON'T LET BACK PAIN *Slow You Down!*

Back pain can be one of the most debilitating conditions, affecting up to 80% of the population at some time in their life. Unfortunately, some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction and even nerve damage.

The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. The good news is that 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!

### What We Know About the Causes of Back Pain

Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet

joints), nerves or surrounding ligaments and other soft tissue.

The contributing factors are often associated with back pain are:

- Improper posture or prolonged positions (i.e. prolonged sitting)
- Spinal muscle and tissue damage (i.e. lifting strains or trauma from accidents)
- Limited hip, spine and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e. compensations due to injury)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

### Physical Therapy Is an Effective Back Pain Solution!

You're in luck: For most people, back pain resolves on its own. And for those that continue to experience pain, physical therapy can help.

According to research on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy treatments for back pain include manual therapy, aquatic therapy, joint mobilization manipulation, exercise instruction, education and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will address all of the causes.

We are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

*Are you suffering from back pain? Call us today!*

# SAY GOODBYE TO BACK PAIN WITH NATIONAL PT!

## Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

### • Limit Sitting For Too Long

Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

### • Use Good Posture

Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders and neck aligned.

### • Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train the muscles of your hips, pelvis and spine — your core muscles.

### • Call our clinic today

Visit a physical therapist for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

## Try This Healthy Recipe Heart Healthy Hummus

### INGREDIENTS:

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 1 tbsp extra-virgin olive oil
- 2 tbsp chopped Italian flat-leaf parsley
- 1/4 cup lemon juice

### INSTRUCTIONS:

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

# BACK BOOT CAMP SPINE PROGRAM

Our Spine Program, or "Back Boot Camp", is a comprehensive, interdisciplinary program providing evaluation, treatment and education to patients with sub-acute and chronic back and neck conditions. It is an intensive exercise based program that includes two, one-hour sessions per week, typically for six weeks, depending on your level of need. This type of spine program is widely used by several renowned hospitals and orthopedic doctors in the Boston area, including New England Baptist Hospital and Beth Israel Deaconness Medical Center.

The program features include aggressive spine rehabilitation that is appropriate for most types of back and neck pain, including pre and post-surgical conditions and is appropriate for all ages. Program goals are to maximize function, improve activity level and quality of life, desensitize pain through active exercise, and promote physiologic adaptation to aging and disability.

Patients who complete our Spine Program, or "Back Boot Camp", report better physical ability and less pain. Most individuals are able to return to all of their desired activities, including sports.

**For more information about our Spine Program, call the location nearest you today!**

## SUCCESS STORIES "...Working with Sue on formalities was effortless."

"I worked with Brendon, who was excellent at identifying and implementing a plan to help reduce the pain of a sciatic nerve. We worked hard to strengthen leg, hips and back muscles. I will continue the stretching and exercise plan with the intention of walking 18 holes of golf again. The available facility is far more extensive than most competitors and working with Sue on formalities was effortless. I would highly recommend this location of National." — Paul D.



## START YOUR JOURNEY TOWARDS A PAIN-FREE LIFE! CALL US TODAY!

**Holbrook**  
781-549-9574

**Fall River**  
508-928-5368

**Hanover**  
781-412-1471

**Brockton**  
508-928-5117

**Stoughton**  
781-412-1594

**Mansfield**  
781-412-1280

## MONTHLY EXERCISE

### 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.



## HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call National Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.



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**Choose PT. Choose National Physical Therapy.**