



# TIPS TO ALLEVIATE YOUR PAIN & IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At National Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential. At National Physical Therapy, our therapists can help you resolve your pain and get your spine healthy again!

Call today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

## The Importance Of Good Spine Health

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

*To make sure your spine is at its optimum health, you must achieve the following:*

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

## ALSO INSIDE:

• How Physical Therapy  
Can Improve The  
Health Of Your Spine

• Success Stories  
• Exercise Essentials  
• Healthy Recipe

Visit us at [www.nationalphysicaltherapy.com](http://www.nationalphysicaltherapy.com) today!



## How Physical Therapy Can Improve The Health Of Your Spine

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

## What To Expect At Your Physical Therapy Visits

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. Our supervised programs will likely include:

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility

- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Healthy lifestyle choices are also crucial for a healthy spine. The following are all examples of healthy changes and habits you can do in your life to improve your spine health:

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

## Call Today For An Appointment

If you have been living with back pain, or you'd like to avoid potential back pain, contact National Physical Therapy today. Don't live with the limits of back pain – improve your spine health with us.

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Visit us at [www.nationalphysicaltherapy.com](http://www.nationalphysicaltherapy.com) today!

# SUCCESS STORIES

"National Physical Therapy is tops in their field. The PTs and PTAs are thoroughly trained in all aspects of human anatomy and physiology and are adept at creating customized plans that address a patient's individual needs.

The members of their staff are extraordinary and are the most personable and accommodating individuals I've ever worked with! I thank each of you for providing me with the impetus to reach my goal of living a fully independent life, unhampered by any physical limitations. Kudos to you, National Physical Therapy!" — S. K.

## TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review for your treatment location! Thank you for your support!



CALL THE CLINIC NEAREST YOU TO SCHEDULE AN APPOINTMENT, OR SCAN TO BOOK!

### Holbrook

781-549-9574

### Brockton

508-928-5117

### Fall River

508-928-5368

### Stoughton

781-412-1594

### Hanover

781-412-1471

### Mansfield

781-412-1280

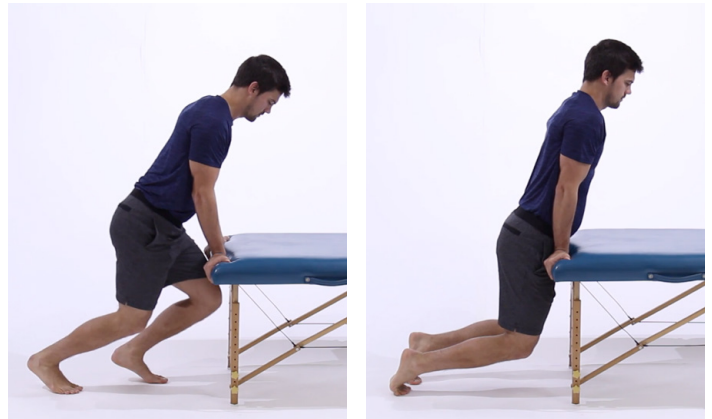
Scan to book your appointment today!



SCAN ME

# EXERCISE ESSENTIALS

## STANDING LUMBAR SELF TRACTION



Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.



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

# HEALTHY RECIPE

## TURKEY MEATBALLS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved Parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of marinara pasta sauce



- 1/2 lb whole grain spaghetti

**Directions:** Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more Parmesan and enjoy!