



DON'T IGNORE YOUR BACK PAIN

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call the Physical Therapy Center today at (704) 610-1868

Don't Ignore Your Back Pain

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

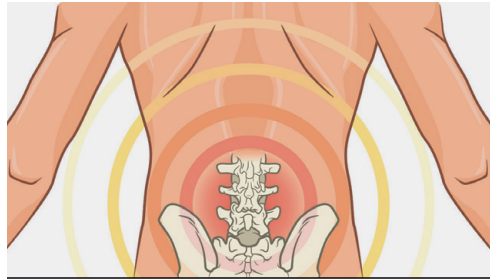
There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.



Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people who, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- 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)

The source of acute 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. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common with overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

Book An Appointment Today!

Physical Therapy Is An Effective Solution For Your Back Pain

Your physical therapist will identify why you are having pain and the best treatment options your body needs. *This will likely include the following:*

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.
- Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
- Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

Call Our Clinic Today

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!



Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

Call Today To Make An Appointment!

Source
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>
<https://www.sciencedirect.com/science/article/pii/S1836955319300578>
<https://doi.org/10.1186/s12891-019-2594-0>
<https://doi.org/10.1186/s12891-019-2477-4>
<https://pubmed.ncbi.nlm.nih.gov/30252425/>
<https://pubmed.ncbi.nlm.nih.gov/32669487/>
<https://pubmed.ncbi.nlm.nih.gov/27285608/>



Feel Better By Eating Better!

Traditional Crepes Recipe

- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour.

Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 610-1868

Waxhaw Location
(704) 459-4269

South End Location
(980) 303-3991

Monroe Location
(704) 459-3794



7 Tips To Become A Better Hiker

1. Just do it!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

2. Take time to enjoy the view.

Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

3. Don't push yourself past your limits.

Challenging yourself is great but when it comes to hiking slow and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.

5. Keep the trails clean.

Bring out everything you bring in. Think of those that came before you



as well as those that will come after you. Bring ziplock bags to store your trash and pick up trash thoughtlessly left by others.

6. Get an early start and plan your time wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to the bottom before nightfall. Having a plan will make your hike safe and enjoyable.

7. Learn to hike without electronics.

Technology is an awesome thing, but we should not rely on it exclusively. Losing service, a dead battery, or an accidental break may leave you helpless and literally lost. Learning how to use compasses, maps, and trail markers will give you resources that are always reliable.

Source: <https://www.aadironadock.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>

Featured Exercise Sidelying Trunk Rotation



While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



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