



ARC Health & Wellness

The Newsletter to Help You Live Your Best Life

ARC-REHAB.COM

LIVE YOUR BEST LIFE AGAIN

*Make Your Story
Back Pain Recovery*



ALSO INSIDE:

Back Pain Prevention • Spring
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• Exercise Essentials • Success
Stories • Service Spotlight:
Strain / Counterstrain

Upcoming Events



**We're Now Offering Monthly
Workshops Over ZOOM.
Call Today to Learn More!**

LIVE YOUR BEST LIFE AGAIN

*Make Your Story
Back Pain Recovery*

KEEPING YOUR HEALTH IN MIND



WASH YOUR
HANDS
REGULARLY



AVOID
TOUCHING
YOUR FACE



AVOID
HUGS AND
HANDSHAKES



WEAR A
MASK & KEEP
DISTANCE

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. 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. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

What Causes Back Pain?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and abdominal muscle weaknesses
- Bad posture and bad sleeping positions
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Poor abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain.

Medication might mask the pain, but it won't cure the problem's root cause and can lead to adverse side effects and addiction if abused.

Back Pain Solutions

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counterirritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, one of our spine specialists can help.

*Have back pain that just won't go away?
We want to help! Call your physical therapist
today or visit us at arc-rehab.com to schedule
your in-clinic or telehealth appointment.*

WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145

BACK PAIN PREVENTION

**Simple Solutions
For a Life FREE
FROM PAIN**



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.

Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're first facing the object and standing as close as possible. Then squat while keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

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 your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, acupuncturist, massage therapist, chiropractor, or dietary wellness specialist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

Take charge of your back pain today! Request an in-clinic or telehealth appointment with your physical therapist by calling our Westmont (630-323-8646) or Orlando Park (708-403-8145) locations today or by visiting us online at arc-rehab.com.

Sources

apta.org

acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics

ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet



SPRING TRIVIA CHALLENGE!

Call Us with Your Answers to Enter Our Prize Drawing!

1. What is the first day of spring called?
2. On the first day of spring, the hours of daylight and of darkness are equal: True or False?
3. The blooming of what flower signals the beginning of spring in Japan?
4. In what year did the practice of "spring cleaning" first begin?
5. Who is known as the Greek goddess of spring?
6. What ancient wonder was built in order to face the sun during the spring equinox?

**Call Westmont (630-323-8646) or Orlando Park (708-403-8145) today!
The winning name will be drawn at the end of the month.**



ARC-REHAB.COM

STAFF SPOTLIGHT

Say "Hello" to One of Our Physical Therapists!



Samantha B, PT,
Physical Therapist

Samantha grew up in the Western Suburbs of Chicago. She graduated from the University of Illinois at Urbana-Champaign with a Bachelor's in Public Health and earned her Doctorate of Physical Therapy from Missouri State University. She became a physical therapist to pursue her passion for providing care to those who need rehabilitation. When not at work, Samantha spends her time playing piano, painting, and practicing yoga.

EXERCISE ESSENTIALS

Strengthens Back Muscles

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Bird Dog 4-Point Arm & Leg Raise

Place your knees and hands on the floor, with hips and shoulders at a 90° angle. Keep stable and engage your core muscles. Lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Return to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg.



SERVICE SPOTLIGHT

Strain/Counterstrain

Strain/Counterstrain, or Fascial Counterstrain, is a manual therapy technique in which your physical therapist uses only their hands to find and fix fascial dysfunction. Fascia is filled with millions of nerve endings (as well as smooth muscle cells) so that it can contract if injured or traumatized. When there is sufficient trauma or strain, the smooth muscle in the fascia contracts, and the nerve endings start producing inflammatory chemicals.



PATIENT SPOTLIGHT

"Very nice atmosphere. The office staff is excellent! I love that only one patient is seen at a time and the private treatment rooms are very nice. Sara and Kristen are excellent!" – J. M.

**WHO DO YOU KNOW THAT
NEEDS OUR HELP?
REFER YOUR
FRIEND!**



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What Can I Expect?

Your physical therapist will look for very specific "tender points" on the body that tell which particular fascial structure is involved. The physical therapist will then shorten the particular fascial structure manually until they feel a "pulsing" at the tender point associated with that fascial structure. This position is held for 30 seconds, and when the shortened tissue is released, the nerve ending and smooth muscle are "reset," stopping the inflammation and spasm in that area of fascia.

Call us today or visit us at arc-rehab.com to learn more!