



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

STAND TALL

AVOID BACK PAIN BY IMPROVING YOUR SPINE

ALSO INSIDE:

Service Spotlight: Spinal Manipulation • Trivia Challenge — ENTER AND WIN! • Meet Our Staff • At-Home Exercise

STAND TALL

AVOID BACK PAIN BY IMPROVING YOUR SPINE



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If you've met your insurance deductible for 2021, your physical therapy costs could be free!

Let us help you get a head start going into 2022, before your deductible renews again!

Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances. The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact ARC Physical Therapy today to find out how.

You may be wondering, "What does this mean? How can I tell if my spine is healthy?" When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in your body is directly connected to the health of your spine. This is why spine health is so important. If you are living with back pain, you know how

limiting it can be. In order to make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves.
- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.

How Can I Improve The Health of My Spine?

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function. Below are 6 ways to make sure you are doing everything you can to improve the health of your spine:

1. Practice proper nutrition.

Nutrition is a critical part of all health, whether you

are focusing on your heart, joints, or spine — whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.

2. **Get some sleep.** Throughout the day, your spine is compressed with standing, sitting, and bending. Did you know that it is actually possible to lose about ½ an inch over the course of a day?

Continued inside.



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STAND TALL – AVOID BACK PAIN BY IMPROVING YOUR SPINE

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Adequate rest in a good position while sleeping helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up, as this allows the discs in your spine to rehydrate. Afterwards, continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.

3. Give up cigarettes. Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.

4. Work on the flexibility and strength of your spine.

Your body is meant to move – this is the most important purpose of the spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work.

Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal

muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allows you to move without stressing the discs or nerves in your back.

5. Maintain proper posture and balance. If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting.

Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.

6. Go to a physical therapist for spine check-ups. Your physical therapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At ARC Physical Therapy, our physical therapists are experts in the field of spine health who can help your back operate as it should.

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact ARC Physical Therapy today. By catching back pain early, we can resolve the issue so it doesn't progress. Don't live with the limits of back pain — improve your spine health with us today!

SERVICE SPOTLIGHT SPINAL MANIPULATION

Do your joints hurt? Is your back causing you trouble? Has your pain become unbearable? If so, you may benefit from spinal manipulation. Spinal manipulation helps relieve pressure on joints, reduce inflammation, and improve nerve function. It is a gentle, hands-on form of manual therapy that focuses on evaluating and enhancing spinal function.

Spinal manipulation has had a very positive effect on many of our patients. Our physical therapists can help you restore more natural movement to your spinal joints, improve your flexibility to increase joint fluid circulation, improve your spinal muscle strength, and educate you on correct posture and prevention techniques. Essentially, we can help you do more, with less pain. In fact, our patients often report a significant reduction in pain and improvement in daily activities after just a few short weeks of spinal manipulation treatments.

To learn more about how spinal manipulation could benefit you, request an appointment at Advanced Rehabilitation Clinics (ARC) today.

MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. How many bones are there in a human body?
2. What is the largest sea of the world?
3. When was Superman created as a fiction character?
4. What does WHO stands for?
5. In what year were the first Oscars presented?
6. How many squares are there on a chessboard?

ENTER
AND WIN!



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We Need Your Help!

Would you take a moment to share your 5-star ARC PT experience on our Google Review page? **We make it easy: just scan your ARC location's QR code with the smartphone on your camera, and leave a review.** Your success story could help improve the lives of others in our community by leading them to Physical Therapy!

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MEET OUR STAFF



Katrina
Physical Therapist

Katrina graduated from Rosalind Franklin University in 2018 with an interest in sexual health and function. Since graduating, she continued to expand her knowledge base by taking multiple continuing education courses through Herman and Wallace, the Institute of Physical Art and Medbridge. One of her professional goals is to achieve a specialization in pelvic floor physical therapy for all genders and to assist her in this pursuit, she will be taking as many additional continuing education courses as she can. In addition to treating patients with

pelvic floor issues, Katrina has experience treating patients with vertigo, TMJ dysfunction as well as general orthopedic problems. Katrina prides herself in developing a strong connection with her patients and she utilizes a hands on, holistic treatment approach.

Outside of the clinic, Katrina enjoys spending time in nature or with friends playing board games as well as taking care of her two ferrets.

AT-HOME EXERCISE

Try this simple exercise to help ease back pain and warm up for activity.

STANDING EXTENSIONS Stand up straight. Place your hands on the small of your back. Lean backward as far as possible, keeping your knees straight. Hold for 2 seconds and return to the starting position. Complete 10 reps. Repeat up to 8 times per day as needed.



SHARE THIS WITH A FRIEND
OR FAMILY MEMBER TO
HELP THEM FIND PAIN
RELIEF, TOO!

Exercises copyright of
 SimpleSet Pro



PATIENT SPOTLIGHT

"I have done many rounds of PT in many years, and I have always thought I was in good hands. But ARC devotes your entire session to you. The one on one experience with a highly knowledgeable compassionate therapist cannot be beat. I cannot recommend enough." – S.M.



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