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TURN AWAY FROM BACK PAIN!

TIPS TO ALLEVIATE YOUR PAIN AND
IMPROVE YOUR SPINE HEALTH



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- Trivia Challenge — ENTER AND WIN!
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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 ARC 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 ARC 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!

Continued inside.



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Continued from previous page.

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!

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

Don't Let Back Pain Sideline You!

Call Today To Schedule An Appointment!

ENTER AND WIN!



MONTHLY TRIVIA CHALLENGE

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

1. What superhero first appeared in comic books on June 1, 1938?
2. On June 3, 1946 the first bikini bathing suit was displayed in what city?
3. The Milton Berle Show premieres on NBC TV on June 8th of what year?
4. On June 10, 1752 what famous American flew a kite in a lightning storm?
5. The first Ferris wheel is introduced at the Chicago Columbian Exposition in what year?
6. On June 22, 1847, Hanson Gregory is credited with creating the first what?
7. Who was named America's first *Public Enemy Number One* on June 22, 1934?
8. What was passed after an 83 day filibuster in the U.S. Senate on June 29, 1964?



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EXPERIENCE THE BENEFITS OF STRETCHING



As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

Stretching is a natural part of what we do on a daily basis. You might notice that if you have been sitting in a particular position for a long time, you stretch unconsciously. It feels good! In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Be kind to your muscles and they will be kind to you!

EXERCISE OF THE MONTH

KNEES TO CHEST

Start by lying on your back. Bring your knees as close to your chest as possible and then gently pull them as close to your chest as pain permits with your hands. Hold for 30 seconds. Relax them back down. Repeat 5 times.



Check out our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

PATIENT SPOTLIGHT



"I came to Kristin with one issue and not only was that issue resolved but others as well including a long-standing issue with daily pain that medication never helped. Surprised and grateful."

- Actual 5 star Google review.



Stay In Touch!

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COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered **yes** to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



CALL ARC TODAY!

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