

# ARC NEWSLETTER

Your #1 Health and Wellness Resource

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Suburban Life's  
**✓ FINEST**  
READER'S CHOICE

ARC PT WAS VOTED BEST  
PHYSICAL THERAPY CLINIC BY  
THE READERS OF SUBURBAN LIFE  
5 YEARS IN A ROW

*Dealing With an  
Aching Back?*

**FIND RELIEF WITH ARC PT**

**INSIDE:**

- WINTER WORKOUTS: Keeping the Frost at Bay
- Trivia Challenge — ENTER AND WIN!
- Exercise of the Month

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## Dealing With an Aching Back?

### FIND RELIEF WITH PHYSICAL THERAPY

Have you been struggling with lower back pain? Are you still experiencing symptoms from a previous injury? The good news is that at ARC Physical Therapy, our physical therapists are experts at helping you find long-lasting relief!

Back pain is a debilitating condition that millions of people experience each year. Depending on the severity, back pain can hinder your ability to sit, stand, walk or bend. It can also impede your time spent doing recreational activities and sports.

When it comes to back pain, symptoms can significantly vary. Patients may notice a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. With guidance from your physical therapist, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

#### Surprising Facts About Back Pain

Back pain is an all-encompassing term used to describe many conditions that cause pain in the lower back. Sports-related injuries, poor posture, and car accidents

are just a few of the many ways that someone can develop back pain.

Because back pain is so commonplace, there is a lot of information we have on the topic. Here are some interesting facts about back pain:

- Back pain is the single leading cause of disability worldwide, preventing people from working and engaging in everyday activities.
- Injections, surgery and strong medications usually aren't a cure for back pain
- Back pain is the third most common reason for visits to the doctor's office, behind skin disorders and osteoarthritis/joint disorders.
- You can have back pain without damage or injury.

*Continued inside.*



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# Dealing With an Aching Back?

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- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical — meaning they are not caused by severe conditions, such as infection, fracture, or cancer.

## Common Risk Factors Associated With Back Pain

The exact cause of lower back pain is often challenging to identify. For some people, when left untreated, lower back pain can even lead to long-term pain.

Anyone can have back pain, but the most common risk factors for low back pain include:

**Age:** The first attack of low back pain typically occurs between 30 and 50, and back pain becomes more common with advancing age.

**Activity level:** Back pain is more common among people who are not physically fit. Sedentary people are more likely to suffer painful back injuries than people who are more physically active.

**Excessive Weight:** Being overweight or obese leads to a greater likelihood of experiencing lower back pain.

**Job-related factors:** Having a job that requires heavy lifting, particularly twisting or vibrating the spine, can lead to back pain. Also, prolonged sitting, whether at a desk or driving a vehicle all day, contributes to the development of lower back pain.

**Mental health:** Anxiety and depression can influence your perception of pain and its severity. Chronic pain is also known to contribute to the development of such psychological factors.

**Smoking:** Smoking limits blood flow and oxygen, causing the discs to degenerate faster and contribute to the development of pain.

## How Physical Therapy Helps Back Pain

Fortunately, back pain can be relieved with the help of physical therapy. Physical therapy can help improve your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended. Your physical therapist will also work with you to implement

an individualized treatment plan based on your specific needs. The main stages of your program will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches, and exercises.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

While consulting with a physical therapist is the first step in finding relief, the most effective solution to back pain includes learning what to do and why. Armed with an understanding of your condition, we will teach you an exercise program that ensures you find lasting relief once and for all!

Call ARC Physical Therapy today to set up an appointment with one of our licensed therapists. Your physical therapist will work with you to address and treat the underlying cause of your back pain.

**No matter how severe it may be, we can help you find relief safely and comfortably, so you can get back to doing the activities you love!**

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**MONTHLY**

**TRIVIA**

**CHALLENGE**

ENTER  
AND WIN!

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

1. Which country is the only one to have won a medal at every Olympic Winter Games?
2. In the movie Home Alone, where does Kevin's family end up for the holidays?
3. Where are the 2026 Winter Olympics scheduled to take place?
4. Where does fondue originate from?
5. Which US state popularized Turducken, the hybrid three-bird-roast?
6. How many sides does a snowflake have?
7. Which country started the tradition of putting up a Christmas tree?
8. How many gifts in total were given during the "Twelve Days of Christmas"?



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# Winter Workouts: Keeping the Frost at Bay

It's that time of year again. The temperature is dropping, and the days are getting shorter. It's easy to get into a winter slump and feel like all you want to do is hibernate until spring comes around.

But you don't have to be a hermit during these cold months! There are plenty of ways to stay active without braving the cold. If you're at a loss wondering how you can keep your physical fitness up this winter, we're here with some ideas for how you can stay healthy!

## 1. Get creative with your workouts:

If it's too cold outside, try doing some activities in the comfort of your own home. You can do jumping jacks, squats, lunges, pushups, or any other workout that improves your heart rate. You could also try doing yoga or pilates!

## 2. Join an indoor fitness class:

There are plenty of fitness classes available at gyms and community centers that will allow you to stay active without going outdoors.

**3. Join an adult sports league:** One of the easiest ways to stay in shape during the winter is by joining an adult sports league. You can find many different leagues for adults that are indoors and outdoors and encompass various sports. This is also an excellent way to meet new people!

**4. Download a fitness app or watch workout videos on YouTube:** These days, you don't need a personal trainer to get active! Especially not when there is a wide variety of free workout tools at your fingertips.

**5. Consider joining a gym or local recreation center:** Going to the gym is a great way to keep your body healthy and strong. It also helps you stay active and fit during the wintertime when you are less likely to be outside.

If you want to be able to work out in any weather consider joining the ARC Physical Therapy MOG (Medically Oriented Gym). The M.O.G offers the kind of medical support that enables members to integrate healthy, smart decisions and actions into their everyday lives. To learn more about MOG call or check us out at our website.

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## EXERCISE OF THE MONTH

### BRIDGES

Begin on your back. Bend your knees and keep your back flat on the ground. Gently, contract your abdominals and hold to keep your back flat as you move up into the bridge position. Remember to breathe. Gently, squeeze your butt muscles and lift your hips off the ground. The goal is to have your hips aligned with your knees and shoulders. Hold for 5 seconds and repeat 8 times.



PT WIRED



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!

## 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.

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