

N E W S L E T T E R

LIVING LIFE WITHOUT BACK PAIN

INSIDE:

- Understanding the Why and How
- How Physical Therapy Helps
- Exercise Essentials
- Student Spotlight





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**A life free of back pain is within your grasp.**

For some, back pain is a daily occurrence that dictates the way you live your life. Every movement, every motion is determined by the pain in your back. Standing, sitting, laying down, driving, walking or running – the pain persists.

In ages past, back pain was difficult to treat. If you experienced back pain, whether as a result of a work injury, trip-and-fall accident, or even just as a result of aging, the answer was almost always the same: head home, take a long rest, and give your back time to heal. This isn't the way that things go anymore, and for several reasons. To start, the world isn't as forgiving. Heading home and taking a long rest until your back is healed may work for some, but not for most. With deadlines and carpools and work schedules to keep up with, there needs to be an alternate solution to dealing with back pain that doesn't require you to completely remove yourself from your responsibilities.

What's more, recent research indicates that resting may not actually be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can cause the back muscles to weaken and can even weaken bone strength. This could lead to more long-term issues with back

pain – not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

Physical Therapy for Back Pain

While rest and relaxation can help you overcome the immediate pain of a back injury, and may even be recommended by your physician in the early days following an injury, it is not a long-term solution. Physical therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain.

Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

Stop letting pain get in the way.

**Give us a call today at (501) 781-2701 or visit
www.JEPhysicalTherapy.com to schedule your appointment!**



UNDERSTANDING THE WHY AND HOW



There are a lot of different reasons that back pain can develop. Even when you break down injuries, whether from overuse or athletic pursuits, there are different problems that can develop. Sprains and strains are common, but so are issues with the vertebrae, blood flow, and even concerns regarding the spinal nerves.

You might be amazed to discover the different factors that could be influencing your back health. Such as:

- Your personal level of physical activity, including how often you exercise and the intensity of your typical workouts.
- The types of shoes that you wear, in addition to how frequently you walk

in different types of shoes, particularly shoes that lack support or those with high heels.

- Prolonged engagement in sedentary behavior, including sitting at a desk for eight hours or more consecutive days of the week, or spending free time on the couch or otherwise relaxed.

Aerobic activity and strength training exercises actually make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and improving blood flow and nutrient disbursement throughout the back. When you are inactive, blood flow can actually become impeded, and this can have a negative effect on the overall health of your back and spine.

FUN & GAMES

				4			3	1
	5							
3	2		9	6		5		
7		3	2			1		
		5				8		
		9			8	3		4
		8		1	3		5	6
							1	
4	1			8				

Only use the numbers 1 to 9. Avoid trying to guess the solution to the puzzle. Only use each number once in each row, column, & grid. Use the process of elimination as a tactic. Use cross-hatching and penciling in techniques.

EXERCISE ESSENTIALS

Helps Stretch Back



SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.



CALL TODAY!

HOW PHYSICAL THERAPY HELPS



Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't. Simply going from sedentary activity to being active and healthy isn't an option — at least not so easily. It takes time and effort, and when back pain is obstructing you from getting started, it requires help.

Physical therapy can help you overcome back pain by giving you the knowledge and support necessary to help your back feel better, giving you the option to get off the couch and push yourself to reach new goals. Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly, but instead are guided through the process of healing with gradual steps.

For more information about overcoming back pain, contact us.

www.JEPhysicalTherapy.com
(501) 781-2701

HEALTHY RECIPE

ORZO WITH ZUCCHINI & TOMATO



- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, smashed & finely chopped
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

(501) 781-2701

STUDENT SPOTLIGHT



My name is Thomas Upton, and I'm from Batesville, AR. I graduated from Lyon College with a bachelors degree in Biology and I am about to graduate from Arkansas State University in May with a Physical Therapist Assistant degree. I was born in the Philippines and moved here in the US when I was 13 years old. I have an older brother and three younger sisters, and my favorite foods are my mom's egg rolls and rice noodles. Lastly, I enjoy playing basketball and volleyball and watching scary movies.

A DAY OF FREE APPOINTMENTS!

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There are 3 Important Things We Will Do For You:

1. Find out the exact cause of your pain.
2. Show you what successful treatment looks like.
3. Explain how you can get back to normal naturally...without unnecessary medications, injections or surgery.

ONLY 10 SPOTS AVAILABLE!

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click the link below:**

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