

N E W S L E T T E R

DON'T IGNORE YOUR BACK PAIN

INSIDE:

- Getting to the Bottom of Back Pain
- New Year, Healthier You
- Exercise Essentials
- Stuffed Mushrooms

The back is one of the most vulnerable parts of the body. You rely on it so heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk. It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident.

(continued inside)





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*(continued from outside)*

It is at risk when you are safely at home on your couch or at the office, where you are likely scrunched over and not caring one bit about your posture. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone isn't sitting right is something that not many people are going to deal with for too long before seeking medical attention. Yet when pain begins in the back, it is almost normal to ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

Understanding Back Pain

Back pain may be common, but it is absolutely not normal. There are actually a lot of serious conditions that can cause your back to begin to hurt, and it is smart to have your back looked at by a physician early on so that you know exactly what is going on with your body from the get-go.

Once the cause of your back pain is determined, your physical therapist will be able to identify the best treatment options for your body's needs. This will likely include the following:

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises are designed to help build strength and support the surrounding muscles.
- Guided stretching designed to improve range of motion and flexibility. This will take into account the health and vivacity of vertebrae and any potential stretches that may support optimal back health.
- Support and guidance with an exercise routine and habit formation, especially with cardiovascular activity that can stimulate improved blood circulation to the affected areas of the back, as well as strength-building activities.

Attempting to undertake any of these changes on your own after you've experienced a back injury is both dangerous and not recommended. Working with a licensed and experienced physical therapist can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you attempt to heal the cause of your back pain.



GETTING TO THE BOTTOM OF BACK PAIN

There are a lot of different reasons as to why you may be experiencing back pain, and ignoring any of them is not a good idea. **Some of the most common issues that cause back pain to linger include:**

- Muscle sprain or strain
- Slipped vertebrae or disk
- Tear or hyperextension to the supporting muscles or tendons
- Arthritis

These concerns can develop as a result of a myriad of environmental issues, such as having poor posture, prolonged sedentary activity, car crash, sporting accident, stress, heavy lifting, and so on.

When it comes to back pain, Don't Wait!

When you experience an injury to your back, or realize that you are experiencing regular pain as a result of an ongoing injury or overuse, it is important to find out the cause of your back pain as quickly as possible. Back pain can quickly become chronic, as a potentially small issue can become complicated when it is not addressed early on. Working with a physical therapist can help you to identify the difference between environmental causes and something more medically based. To get started with putting an end to your back pain, contact us.

www.jephysicaltherapy.com



NEW YEAR, HEALTHIER YOU



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Joint Effort Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021.

Call (501) 781-2701 or visit www.jephysicaltherapy.com to schedule your appointment today!

EXERCISE ESSENTIALS

Helps Stretch Back



FORWARD BEND - LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



CALL TODAY!

CLINIC NEWS

Big things happening here at JEPT! We are finishing our back room and opening up the gym some more to best serve YOU!



LASER THERAPY

Laser therapy relieves pain and inflammation associated with:

- Sprains & Strains
- Low Back Pain
- Shoulder & Knee
- Sports Injuries
- Neck Pain
- Disc Issues
- Sciatica
- Tendonitis & Tendonosis
- Foot & Ankle Conditions
- And Much More!



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HEALTHY RECIPE

STUFFED MUSHROOMS



- 1 1/2 lb baby mushrooms
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 c breadcrumbs
- Kosher salt
- Freshly ground black pepper
- 1/4 c freshly grated Parmesan, plus more for topping
- 4 oz cream cheese, softened
- 2 Tbsp freshly chopped parsley, plus more for garnish
- 1 Tbsp freshly chopped thyme

Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove mushroom stems and roughly chop. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped stems and cook about 5 minutes to remove moisture. Add garlic and cook for 1 minute. Add breadcrumbs and toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool. In a large bowl mix together mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with Parmesan. Bake until soft and golden for 20 minutes. Garnish with parsley to serve.

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REFER A FRIEND!

WHO DO YOU KNOW THAT NEEDS OUR HELP?

**THE FIRST 5 PEOPLE TO REFER A FRIEND OR FAMILY MEMBER TO
JOINT EFFORT WILL RECEIVE A \$20 WALMART GIFT CARD!**

- Move Without Pain
- Bend & Move Freely
- Balance Confidently
- Stand Comfortably
- Run & Walk For Longer Distances
- Live An Active Lifestyle

If you know someone that may be able to benefit from physical therapy, please pass along this newsletter or have them call us directly to schedule an appointment.

**Referred friend/family member must become a patient for you to qualify*