

N E W S L E T T E R

WALK AWAY FROM YOUR NAGGING BACK PAIN

INSIDE:

- Fixing Your Stride
- Tips For Avoiding Sports Injuries
- Exercise Essentials
- Lemon Rosemary Salmon





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Does going for a walk sound like a big pain in the back?

For those who struggle with chronic back pain, even the basic task of going for a walk can be overwhelming and painful. Back pain can strike at any time. Whether in the upper back, surrounding the neck and shoulders, or in the lower back at the lumbar or sciatica, back pain is something that no one likes to deal with for too long.

Relying on pain medications to help you overcome back pain will leave you disappointed. While pain medications are frequently helpful at alleviating the discomfort of your back pain for a short period of time, they are not capable of resolving the issue that is causing your pain to develop in the first place. The only thing that can actually fix your back pain is addressing the issue that is causing your pain head on. Physical therapy is a great resource for addressing your back pain and can be a helpful tool in getting you back on your feet.

So, whether it is following a sudden injury or a chronic issue that has developed over time, physical therapy could be the answer to helping you enjoy life free of back pain. And the secret to success is learning to approach recovery one step at a time.

Walking your Way Pain Free

Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and even spending time with family on the weekends all rely heavily on your ability to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physical therapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Come back to physical therapy today!

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



FIXING YOUR STRIDE

When you are experiencing regular back pain—especially if you are experiencing back pain while walking—you should consider ways that you can reduce back pain by taking small steps to support your back. There are several things that you can do at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Here are several ways that you can start taking care of your back with each step you take:

- 1. Make sure that you are wearing the right types of shoes.** While the golden rule for walking is to wear sneakers, not all sneakers are created equally. You need to wear a sneaker that is going to provide you with the arch support that meets your individual needs. This may mean upgrading from your minimal support sneaker to something more athletically designed.
- 2. Try a custom insert in your shoe.** Of course, you can't wear sneakers all the time. When you are at the office, professional footwear matters. You may find it helpful to have custom orthotics made for your work shoes so that you can have more arch support around the clock.

Call (501) 781-2701 today!

FUN & GAMES

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

<http://1sudoku.com>

n° 228310 - Level Medium

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.

- 3. Work on improving your posture.** If you are slouching when you walk, then that may be impacting the way that your back feels. Take a few minutes in the morning and again in the afternoon to stretch your back, and then make a point of keeping your shoulders square and your back straight as you walk. Simply standing tall may alleviate some of your back pain.

Another way that walking can help alleviate back pain is by encouraging weight loss. Being overweight puts added pressure on your back, and this can contribute to increased back pain. Working with a physical therapist to improve your walking technique can help you to overcome back pain one step at a time.

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EXERCISE ESSENTIALS

Helps Relieve Back Pain



SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.



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CALL TODAY!

TIPS FOR AVOIDING SPORTS INJURIES



School is almost back in session and with a new school year comes a new season for sports! Whether your kids play for their school team or an extracurricular rec team, there is always the risk of an injury. Some are fairly minor, such as scrapes and bruises, but some can be serious enough to need medical intervention. Here is a collection of tips that can help keep your kids playing the game they love rather than watching from the sidelines:

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- 1. Get a preseason physical.** Make an appointment with your child's pediatrician to get a thorough sports physical before the season starts. A sports physical can assess any areas that may be a concern for your young athlete, and in turn keep them from exacerbating any conditions that may need to be treated.
- 2. Emphasize the importance of warm-ups.** Stretching is important to loosen muscle fibers and increase blood flow to the area. A mix of both static stretches (such as toe touches) and dynamic stretches (such as high-knees) will get your athlete ready to hit the field.
- 3. Make sure they are getting enough rest.** Muscle fatigue predisposes an athlete to injury, so sleep is critical for your body to restore and rebuild muscle fibers. Make sure your child is also taking a season "off," as overuse injuries are the most common injuries seen in young athletes.
- 4. Make sure they are hydrating!** Heat-related illnesses, such as heat exhaustion and heat stroke, are a real concern for anyone exercising outside, especially on hot and humid days. Make sure your child is adequately hydrating before, during, and after activity.
- 5. Make sure they are eating a healthy, well-balanced diet.** It is important for athletes to fuel up correctly with a diet that consists of whole foods such as fruits, vegetables, and lean proteins. Be sure to make time for breakfast, too!

Come back to physical therapy to get ready for fall sports!

HEALTHY RECIPE

LEMON ROSEMARY SALMON



- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt to taste
- 1 tablespoon olive oil

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

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10 SPOTS RESERVED FOR
FREE 15 MINUTE SCREENS

 **JOINT EFFORT**
PHYSICAL THERAPY

TO REDEEM, GIVE US A CALL & MENTION THIS COUPON!

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Offer valid for the first 10 people to schedule.
Expires 09-30-21