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NEWSLETTER

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IS BACK PAIN CHANGING HOW YOU WALK?

GET BACK IN STRIDE WITH OPTIMUM PHYSIO THERAPIES

"Within two weeks of therapy we noticed a huge difference."

Read Vicky's Review Inside

OptimumPhysiotherapies.com

SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER, AND MORE ACTIVE!

210-985-9498

OPTIMUM PHYSIO THERAPIES

NEWSLETTER



IS BACK PAIN CHANGING HOW YOU WALK?

GET BACK IN STRIDE WITH OPTIMUM PHYSIO THERAPIES

Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, physical therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our physical therapists are an excellent resource for managing your back pain and difficulty walking.

Call Optimum Physio Therapies today for our comprehensive assessment of your back and your gait! We can be a helpful tool in getting you back on your feet.

Your first session at Optimum Physio Therapies will include an in-depth physical examination that helps our team better understand your specific needs. We'll take a complete health history, discuss your symptoms, and run several simple movement screens. All of this information allows us to create a customized treatment plan.

At this stage, we can let you know if any of these five treatment services will benefit you. If they will, we can incorporate them alongside more standard physical therapy treatments, such as a therapeutic exercise.

Also, keep in mind that we offer these services as cash-based options. While that means they aren't covered by health insurance, it allows you more freedom to select the treatments that help you reach your recovery and rehabilitation goals faster!

HOW BACK PAIN AFFECTS YOUR GAIT

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common that it interferes with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how you walk changes. When you are in pain, you tend to walk "out-of-phase," meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.

Continued inside.

CALL 210-985-9498 TODAY FOR YOUR APPOINTMENT!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

Continued from the previous page.

At Optimum Physio Therapies, our physical therapists can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

HOW PHYSICAL THERAPY CAN HELP

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. Physical therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapists will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

WHAT TO EXPECT AT PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk.

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

Your therapist will teach you strategies like:

Standing tall whenever you are standing or walking. Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.

Making sure that you are wearing suitable types of shoes. The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.

Trying a custom insert in your shoe. Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.

Changing "how" you walk. Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

Working with a physical therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What's more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

CALL OUR CLINIC TODAY

Call Optimum Physio Therapies today for a comprehensive assessment of your back pain and your gait. Working with our physical therapists to improve your walking technique can help you overcome back pain one step at a time.

If you have a history of severe back pain that has changed how you walk, don't hesitate to talk to our physical therapists. We offer the results you are looking for!

NEW YEAR – NEW YOU!

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Optimum Physio Therapies is here to help you!



BELL'S PALSY
HOW PHYSICAL THERAPY CAN HELP

Bell's palsy may be a reaction to a viral infection that causes the nerve to become inflamed and damaged. This, in turn, causes partial or full paralysis to the muscles of the face on the same side. The face on that side began to droop due to loss of motor function to these muscles. There is also loss of control of the lips, nose and eye movement where the eyes stay open and began to dry out. Speech and tastes can also be affected by this condition.

While Bell's palsy can get better without treatment, physical therapy can help prevent muscles from permanently contracting. Physical therapies, such as exercise, laser therapy, electrical stimulation, and massage therapy, are used to hasten recovery, improve facial function and minimize sequelae.



If you are experiencing facial palsy, DO NOT HESITATE, THE LONGER YOUR WAIT THE LESS LIKELY YOU ARE TO REGAIN MOVEMENT TO YOUR FACE. Request a free screening at Optimum Physio Therapies today.

210-985-9498

PATIENT SUCCESS STORY!

> **"Within two weeks of therapy we noticed a huge difference."**

"I took my mom due to her Bell's palsy and we are both very pleased with the outcome! Within two weeks of therapy we noticed a huge difference. The staff is all amazing! I am very happy to have found Optimum! Thank you Optimum for helping my mom recover faster!" **—Vicky C.**

We Want To Hear Your PT Success Story!

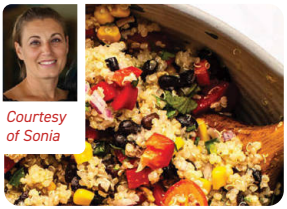
Scan the QR code to visit our review page and share your story. You could be someone's inspiration to get the help they need.

IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your FREE LASER THERAPY SESSION any time during your birthday month!

SONIA'S CORNER

QUINOA SOUTHWEST SALAD



Courtesy of Sonia

INGREDIENTS

- 1 cup quinoa
- 1 can black beans (drained)
- 2 garlic cloves, minced
- ½ cup celery, chopped
- 1 carrot, diced
- 1 cup fresh green beans, chopped
- ½ cup red bell pepper, diced
- ½ cup green bell pepper, diced
- 1 medium vine-ripened tomato, sliced
- 1 cup cucumber, chopped
- ¼ cup sliced olives
- 2 Tbsp. fresh basil, chopped
- ¼ cup green onions, chopped
- 2 Tbsp. grapeseed oil
- 3 Tbsp. extra virgin olive oil (for dressing)

DIRECTIONS

Cook quinoa according to package directions and set aside. Together, sauté garlic, carrot, peppers, green beans and celery in 2 Tbsp. of grapeseed oil for about 5 minutes until soft. Transfer quinoa and veggies to large bowl and mix. Add in all additional ingredients and mix thoroughly. Dish into individual serving bowls and drizzle with extra virgin oil. Add sea salt and pepper to taste.

Join Dr. Mark Deanda For This Informative Bell's Palsy Workshop!



LEARN REAL SOLUTIONS FOR FACIAL PARALYSIS

Learn How to Get Back to Normal — Naturally — Without Unnecessary Medications, Treatments, or Surgery

Thursday, February 22nd at 6:00 PM

At the workshop you will learn:

- How to naturally stimulate facial movements
- The best facial stretches for Bell's Palsy
- How you can treat your paralysis through natural methods

We have limited spots available that will fill up fast, so sign up now to avoid missing out.

For more information or to register, scan the QR Code.

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