



Health & Wellness

The Newsletter About Your Health And
Caring For Your Body

FIND RELIEF FOR YOUR ACHING BACK *WITH PHYSICAL THERAPY*



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- Exercise Essential
- Beat Those Spring Allergies
- Free Workshops



**Priority
Physical
Therapy**

Health & Wellness

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FIND RELIEF FOR YOUR ACHING BACK *WITH PHYSICAL THERAPY*

**CALL US TODAY! MISSOURI 573.769.6166
SOUTH CAROLINA 843.536.4888**



According to the American Physical Therapy Association, back pain is the most commonly experienced type of pain across the United States. In fact, one in every four Americans has experienced back pain within the last three months. The type of pain felt in your back can vary, from 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. Fortunately, Priority Physical Therapy can get you the help you need so you can improve your quality of life!

Did you know this about back pain?

"Back pain" is an all-encompassing term used to describe a vast number of conditions that cause pain in the upper or lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

The most common cause of back pain is from sustaining an injury. This can happen in one of two ways - from an instant, sudden trauma, or from a repetitive-use injury that develops gradually over time. Because back pain is so commonplace in the United States, there is a lot of information we have on the topic. Below are some facts about back pain:

- Back pain is the number one disability for those under age 45.
- In the United States alone, there are an expected 31 million people with lower back pain at any given time.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.

- Experts place the likelihood of any person to experience some type of back problem in their lifetime at about 80%. That's four out of every five people!
- 30-40 percent of all workplace absences are due to back pain.
- Approximately one quarter of U.S. adults reported having low back pain lasting at least one whole day in the past three months, and 7.6% reported at least one episode of severe acute low back pain within a one-year period.
- 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 serious conditions, such as infection, fracture, or cancer.

Find relief with Priority Physical Therapy:

Fortunately, back pain can be relieved with our SPINE program. This program helps in improving your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended. Our SPINE program can also provide you with helpful tips for preventing your back pain from returning. Your physical therapist will also work with you to implement an individualized treatment plan, based on your specific needs. The main stages of your plan will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your physical therapist may deem fit. 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.

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7 TIPS FOR AVOIDING BACK PAIN

While consulting with a physical therapist is the first step in finding relief, there are a few tips you can also try on your own, in order to relieve your back pain at home. This can help alleviate pain that may occur while you're away from the clinic and help prevent it from worsening:

- 1. Get more exercise.** If your back is hurting, you may think the best way to get relief is to rest. However, studies show that frequent changes in position and regular physical activity can actually help ease inflammation and muscle tension faster in the back.
- 2. Maintain a healthy weight.** Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting a strain on your lower back. Maintaining a healthy weight can help control back pain and will provide additional health benefits.
- 3. Quit smoking.** Nicotine in smoke restricts the flow of nutrient-containing blood to spinal discs. Because of this, smokers are especially vulnerable to back pain, which typically dissipates on its own after the nicotine is out of your system.
- 4. Adjust your sleeping position.** If you're prone to back pain, talk with your physical therapist about the best sleeping position for you. It is important to sleep in the position that will help you achieve the most rest. It is typically best to avoid sleeping on your stomach. If you enjoy sleeping on your back, you can try putting one pillow under your knees and another under your

lower back. If you sleep on your side, you can try pulling your knees slightly toward your chest and sleeping with a pillow between them.

- 5. Improve your posture.** Posture is important, whether you're working, exercising, or simply relaxing. Find a good chair to sit on that will allow you to keep your feet flat on the floor while you sit. Try to avoid soft couches or chairs that put you in a slouched position. When standing, try to alternate your positions and walk around if possible. Have one foot forward when standing, alternating between feet every 10 minutes.
- 6. Watch how you lift.** It is a common mistake to lift with your back, rather than your legs. Make sure you don't bend over at the waist to lift heavy objects. Instead, bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push heavy objects, rather than pulling them.
- 7. Use supportive shoes.** A good pair of cushioned shoes can reduce pressure on your back. When possible, avoid wearing high heels, as they shift your center of gravity and strain your lower back.

If you have been suffering from back pain and the tips above aren't working, contact Priority Physical Therapy today. 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 so you can get back to doing the activities you love and living your life comfortably!

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EXERCISE ESSENTIAL

SEATED KNEE TO CHEST STRETCH

Sit tall in a chair with feet flat on the floor. Gently pull the knees to the chest with both hands until a comfortable stretch is felt in the mid and lower back.



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BEAT THOSE SPRING ALLERGIES

- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

MISSOURI
573.769.6166

SOUTH CAROLINA
843.536.4888

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FREE WORKSHOPS

Knee Pain Workshop

April 20th, 2021

6:30 PM | Palmyra, MO

1219 S. Main St.
Palmyra, MO 63461
P: 573.769.6166



Shoulder Pain Workshop

April 20th, 2021

6:30 PM | Florence, SC

2521 S. Cashua Drive
Florence, SC 29501
P: 843.536.4888



How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573-769-6166 • South Carolina 843-536-4888 now to register as we are taking only 25 attendees.

Patient Success Story



"I was in an auto accident and experiencing low back pain and neck pain. I am very grateful that my doctor referred me to Priority Physical Therapy. The staff quickly assessed my needs and worked diligently with me to get me on the road to recovery. They are very kind and caring, not only for just the physical but the emotional as well. I appreciate everything they've done for me! I would highly recommend them and am grateful that my back and neck are much better! I also have the knowledge now to continue the exercises for maintenance as needed! Thank you Priority Physical Therapy."

SPRING PEA PASTA



INGREDIENTS:

- 1 pound pasta
- 3-4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Optional: goat cheese crumbles

DIRECTIONS:

Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in a large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir. Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

Recipe: <https://www.feastingathome.com/spring-pea-pasta-with-truffle-oil-lemon-and-mint/>

Spring Is Here, Spread The Word!

Do you have friends or family who can't:

- Move without pain
- Bend & move freely
- Balance comfortably & securely
- Sit for long periods
- Walk long distances
- Live an active & healthy lifestyle

Have your friend call us today for a FREE 15-Minute Screening with a Physical Therapist!

