



Health & Wellness

The Newsletter About Your Health And Caring For Your Body

Proven Treatments for Low Back Pain Relief



Lower Back Pain In
The United States

Educating
The Future

Patient
Success

PRIORITYPT.NET MISSOURI | 573.769.6166 SOUTH CAROLINA | 843.536.4888



Health & Wellness

The Newsletter About Your Health And Caring For Your Body

Make Your Physical Therapy A Priority



Is it time for your next appointment? Scan the QR code to visit our website.

Do You Know Anyone That Needs Our Help?

Refer a loved one today!

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit comfortably for longer
- ✓ Walk longer distances
- ✓ Maintain a healthy life

Missouri | 573.769.6166

South Carolina | 843.536.4888

How We Help Our Patients Heal Better

- Electrical Stimulation
- Graston Technique
- Kinesio Taping
- Joint Mobilization
- Manual Therapy
- McKenzie Method
- Myofascial Release
- Orthotics
- Therapeutic Exercise
- Vestibular Therapy



PRIORITYPT.NET



Proven Treatments for Low Back Pain Relief

Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At Priority Physical Therapy, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At Priority Physical Therapy, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

Lower Back Pain In The United States

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

In the United States, the total cost of healthcare per person for those with chronic back pain can significantly vary depending on the specific treatments and services utilized. However, the healthcare costs for adults with spinal problems have gradually increased throughout the years. In fact, data from the Centers for Medicare & Medicaid Services (CMS) shows that the National Health Expenditure (NHE) grew from \$2.6 trillion in 2010 to an estimated \$4.1 trillion in 2021. This represents an increase of approximately 58%.

According to the Institute for Health Metrics and Evaluation, healthcare costs for those with low back and neck pain were substantial. This study reports that in the year 2020, \$76.9 billion was paid by private insurance, \$45.2 billion was paid by public insurance, and \$12.3 billion was paid by individuals out-of-pocket. Additionally, a recent study of 55,945 patients with chronic lower pain shows that the median total cost per person was \$6,590. A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

How physical therapy can help your back pain

Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms. Working with a physical therapist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8875812/> - <https://pubmed.ncbi.nlm.nih.gov/30844200/> - <https://www.healthdata.org/news-release/low-back-and-neck-pain-tops-us-health-spending> - <https://www.cms.gov/>

Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga



Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

What to expect in physical therapy

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam. The oral history of your back pain helps your therapist identify any "red flags" that would indicate a more serious condition or that warrants a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease). The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences. This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

Contact Us Today

At Priority Physical Therapy, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities. Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

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Educating The Future

With Priority Physical Therapy

Priority Physical Therapy works with students from a variety of universities. We feel it is important to give back to the profession which has been so gracious to us. In the photo is Kim Bunten PT DPT working on staff member Ruthie Kiehl PT DPT instructing Laura, student Physical Therapist from Mizzou. Laura is an intern for 8 weeks here at Priority and has been working side by side with her clinical instructor Ruthie.



Patient Success

“I’ve had a great experience at Priority. I was able to understand the therapist here really cared. It’s hard to put how I feel about this magical place into words, but I would highly recommend this place for anyone who needs it.”
— Demarcus M.

Healthy Recipe: Grilled Chicken Caprese



Ingredients:

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

Directions: Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



**PLEASE SCAN THE QR
CODE TO LEAVE YOUR
REVIEW TODAY!**



Ready to take your health to the next level? Call us today.

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