

» Living With Low Back Pain

Healthcare reform has been a hot topic in recent weeks.

As the United States struggles to lower health care costs, the financial impact of low back pain cannot be overlooked. Although it does not dominate the news, Americans spend at least \$50 billion each year on low back pain, the most common cause of job-related disability and a leading contributor to missed work.

Low back pain is often chronic, and it may affect your daily routine and sleep patterns. In fact, it is estimated that up to 80% of all North Americans suffer from lower back pain at one point or another. If you've experienced this pain, you may be looking for new method of relief.

It's common knowledge that stretching and exercising are great ways to improve flexibility and posture, but did you know that a physical therapist is the perfect professional to teach you the proper techniques to encourage healing and prevent further injury?

Many of us are our own worst enemies, pushing our bodies beyond their limits. Certain activities such as moving furniture, lifting heavy boxes, gardening, or shoveling the driveway can all lead to pain and/or injury to the lower back. Back pain can also occur without overexertion. Staying in the same position for too long is a common trigger. In some cases, low back pain increases with stress and lengthy bouts of inactivity.

If you or someone you know has low back pain, we can help.

While you wait for your appointment, which we always provide in a timely manner, here is a helpful suggestion. If you find the pain unmanageable in between appointments, you can find short-term relief by laying flat on the floor and placing your feet on a chair. Make sure your shins are parallel to the floor (place a pillow under your ankles if the chair is too low). Staying in this position for 10-12 minutes will ease tension in your lower back. Also, avoid strenuous activity till the pain subsides.



If a slipped disk or other type of problem is the root of your pain, you may have a harder time finding relief at home. In this case, we need to evaluate you and identify the best course of action. Follow our advice as your expert physical therapy providers and perform the exercises prescribed to you, staying conscious of your physical limitations. ***Listen to your body!***

» You're Stronger Than You Think!

Chronic pain of any kind can be very demoralizing for some individuals, which is understandable. As dedicated providers, we help you overcome the difficulties associated with chronic pain. **We empower you to lead a normal life again.**

In many cases, you don't need to depend on medications. Believe in yourself and your ability to strengthen your body from the inside out. Uncover your inner power and turn it into valuable energy; you'll be surprised by how much you can accomplish. You truly *are* stronger than you think. **We help you reach your goals, and are committed to your physical therapy needs.**

» Fight Pain With Your Therapist..

A physical therapist is a health care professional uniquely qualified and enables you to overcome low back pain. Physical therapy treatment may consist of many techniques, including passive modalities like hot and cold therapy, active exercise like stretching / strengthening and manual (skilled, hands on) methods. Depending on the location, type and severity of your pain, we may prescribe gentle exercises and low-impact aerobic conditioning.

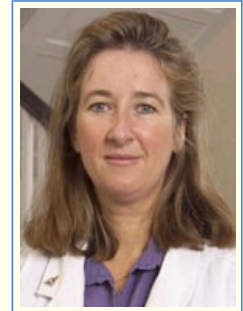
The spine is vulnerable to injury. This explains why so many people eventually have back pain! As physical therapists, we teach individualized techniques to improve posture (poor posture is a common cause of low back pain) and provide tips to avoid future injury.

Our primary goal is to develop the course of treatment best suited for you. **We understand low back pain, we want to eliminate your pain and are determined to help you get better faster.** As physical therapists, we study your medical history, onset of pain, activities that trigger pain and suggest home remedies to alleviate pain.



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Back to Basics Family Physical
Therapy

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Patient Testimonial

I enjoyed the friendly staff and they were very professional and attentive to my personal needs.

I had suffered with groin and hip pain for 5 months. Now, I have exercises to eliminate any return of the pain! The pain is mostly gone, but when it flares up, I know how to stop it.

Do you need **Physical Therapy?**

If you have any of the following **conditions** we can **help!**

Tendonitis/ Bursitis
Sprain/ Strain
Jaw, Neck, or Back Pain
Tension Headache
Pelvic Pain/ Incontinence
Lymphedema
Trigger Points

Pre/ Post Surgical Protocols

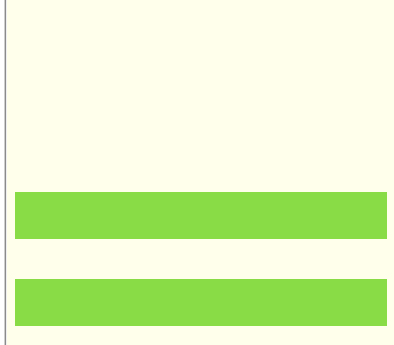
Most Insurances Accepted!

ANNOUNCEMENTS


Hope everyone is having a healthy, happy, and safe summer!

REFER A FAMILY MEMBER OR FRIEND AND RECEIVE A FREE 1/2 HOUR GIFT CERTIFICATE FOR A MASSAGE!

(MUST BE A PREVIOUS PATIENT)



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