

Wright

PHYSICAL THERAPY
JOINT • SPINE • SPORT



IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

**Wright Physical Therapy Can Help
You Resolve Your Back Pain!**

INSIDE

USE IT OR
LOSE IT

HEALTHY RECIPE:
PUMPKIN SOUP

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Wright Physical Therapy Can Help You Resolve Your Back Pain!



Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running – the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Wright Physical Therapy today to make an appointment.

Physical Therapy Solutions For Back Pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the commencement of regular activities and exercise are related to decreased disability.

Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Wright Physical Therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

Understanding The Risk Factors Associated With Back Pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but there are also issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the

different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

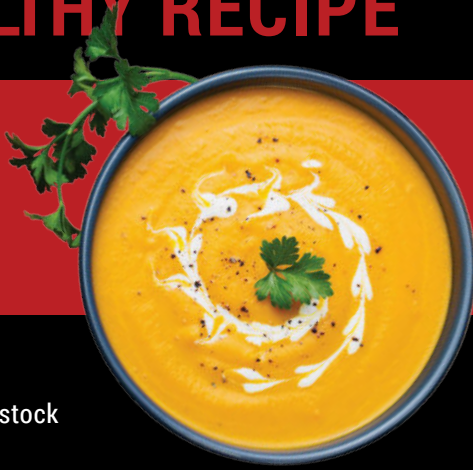
Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain – not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

Continued inside.

HEALTHY RECIPE

PUMPKIN SOUP



INGREDIENTS

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

DIRECTIONS Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

EXERCISE TO TRY AT HOME

SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees.

Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



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How Physical Therapy Helps

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Wright Physical Therapy, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Our Clinic Today.

Anyone who has struggled with back pain can tell you plain and simple: **When your back is hurting, there is no way to pretend that it isn't.**

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call Wright Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>, <https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2>, <https://pubmed.ncbi.nlm.nih.gov/31789300/>, <https://pubmed.ncbi.nlm.nih.gov/31666220/>, <https://www.sciencedirect.com/science/article/pii/S1836955319300578>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/>, <https://www.omicsonline.org/risk-factors-forchronic-low-back-pain-2161-0711.1000271.php?aid=22679>

A Reminder To...

USE IT OR LOSE IT

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining in your out-of-pocket expenses. **This means the cost could be minimal or completely covered by your insurance plan.**

Let us help you get a head start going into 2023, before your deductible renews again! Go online or call today to schedule your appointment!

wrightpt.com



ARE YOU LOOKING TO BECOME STRONGER, FASTER, AND HEALTHIER?

WRIGHT PHYSICAL THERAPY CAN HELP YOU MEET YOUR GOALS – NO MATTER YOUR AGE OR PHYSICAL CONDITION

Our physical therapists can help you get started on a safe and effective fitness plan tailored to your needs and goals. Call today for an appointment and become the best you can be.



CALL TODAY! 208.736.2574

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PATIENT SUCCESS



"Second week of physical therapy with my provider "Austin," for some pretty bad lumbar/pelvis pain. I must say, having adjustments and work outs, I've gone from a pain level of "10" to "5". Wright Physical Therapy is an amazing place. The level of care and attention provided to patients is exemplary. The professionalism is unrivaled. I look forward to healing quickly, and would highly recommend utilizing their services." – 5-Star Google Review



We want to hear your Success Story. Scan the QR code and leave us a Google review.

Thank you!

Are you in pain?

Come see us at Wright PT!



Scan the QR code to schedule your appointment

Schedule your appointment today!

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