



**DON'T LET
BACK PAIN
SLOW YOU DOWN!**

Physical Therapy Can Help!



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Back pain can be one of the most debilitating conditions, affecting up to 80% of the population at some time in their life. Unfortunately, some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction, and even nerve damage.

The pain itself can hinder your ability to reach, lean, kneel, lift, or bend. It can also hinder your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

WHAT WE KNOW ABOUT THE CAUSES OF BACK PAIN

Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue.

The contributing factors often associated with back pain are:

- Improper posture or prolonged positions (i.e. prolonged sitting)
- Spinal muscle and tissue damage (i.e. lifting strains or trauma from accidents)

- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic, and back muscle coordination (i.e. compensations due to injury)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

PHYSICAL THERAPY IS AN EFFECTIVE BACK PAIN SOLUTION!

You're in luck: For most people, back pain resolves on its own. And for those that continue to experience pain, physical therapy can help.

According to research on back pain, physical therapy treatments are effective for acute and chronic conditions. 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 address all of the causes.

We 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.



BACK PAIN PREVENTION

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Limit Sitting for Too Long

Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture

Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breastbone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Train the muscles of your hips, pelvis, and spine — your core muscles.

CALL OUR CLINIC TODAY

Visit a physical therapist 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!



Scan to
book an
appointment!

Sources:

<https://pubmed.ncbi.nlm.nih.gov/30252425/>; <https://pubmed.ncbi.nlm.nih.gov/32669487/>; <https://pubmed.ncbi.nlm.nih.gov/29462304/>; <https://www.cochranellibrary.com/cdsi/doi/10.1002/14651858.CD006555.pub2/full/highlightAbstract-back%7Cexercise%7Cpain%7Cexercises>; <https://www.cochranellibrary.com/cdsi/doi/10.1002/14651858.CD004057.pub3/full/highlightAbstract-back%7Cpain>; <https://pubmed.ncbi.nlm.nih.gov/27285608/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC220681/>; <https://www.health.harvard.edu/pain/dont-take-back-pain-sitting-down>

Healthy Recipe

ACAÍ SMOOTHIE BOWL

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla Greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, chia seeds, sliced banana, etc.

Place the apple juice, banana, frozen berries, yogurt, honey, and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthezoa.com/acai-bowl-recipe/>



STAFF SPOTLIGHT

SCOTT FORREST OWNER, PT, COMT

Scott Forrest is the co-owner of Carolina Prime Physical Therapy, LLC, and is the primary treating Physical Therapist.

Scott is originally from Toronto, Canada, and received a Bachelor's degree in Kinesiology from The University of Western Ontario in 2001 and graduated from D'Youville College in Buffalo NY, with a Master of Physical Therapy degree in 2004. Scott earned his advanced certification in the Maitland-Australian Approach to Orthopedic Manual Therapy and is a Certified Orthopedic Manual Therapist.

When not at work, Scott enjoys spending time with his wife Heather and their two daughters.



CLINIC NEWS

JOIN OUR TEAM!

We are committed to helping patients be pain-free. We are searching for a Physical Therapist who prides themselves on accepting new challenges and has a strong desire to help others. Our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. Do you want to see if you qualify to be part of our team? Visit our website carolinaprimept.com to submit your application today.



Patient

Success Story



"I am walking tall these days and no more limping."



"These folks are the absolute best at what they do!! From the moment you start your therapy, to the moment you finish weeks later, you are treated like family. I ALMOST hated to see therapy end, lol. I am very grateful to each of them who pushed me a little further each visit. I am walking tall these days and no more limping. Thank you, Beth, Elizabeth & Amy!!!!"

— Chris I.

We Want to Hear
your Success Story!



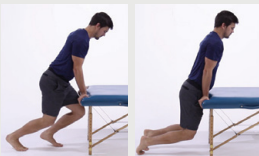
Scan the QR code to leave us a Google review!

AT-HOME EXERCISE

Relieve lower back pain and improve range of motion

STANDING LUMBAR SELF TRACTION

Start in a standing position. Find a sturdy table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure your weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.



Don't let pain keep you from what you love doing!

Come Back to PT!
336.281.9190

carolinaprimept.com



Not all exercises are appropriate for every person. Please consult with your physical therapist before starting.