

**INSIDE:**

- HOW PHYSICAL THERAPY CAN HELP BACK PAIN
- HEALTHY RECIPE
- STAFF SPOTLIGHT



**DON'T LET BACK PAIN**  
*Slow You Down!*



## DON'T LET BACK PAIN *Slow You Down!*

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 are 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.

*Continued inside.*

# SAY GOODBYE TO BACK PAIN WITH PROTAILORED PT!

*Continued from outside.*

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 breast bone 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

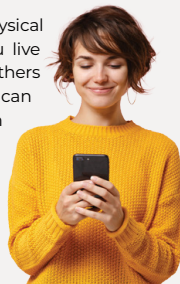
Visit a physical therapist for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

**DON'T SUFFER FROM BACK PAIN ANY LONGER. CONTACT ONE OF OUR CLINICS TO SCHEDULE AN APPOINTMENT TODAY!**



**SHARE THE BENEFITS OF  
PROTAILORED PHYSICAL THERAPY**

Has ProTailed Physical Therapy helped you live a better life? Let others know how much we can help them too! Scan the QR code on your smart phone camera to quickly access our Google Review page!



## *Healthy Recipe*

### HEART HEALTHY HUMMUS

#### INGREDIENTS:

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

#### INSTRUCTIONS:

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

# Happy Mother's Day!

## STAFF SPOTLIGHT

**Mothers treat yourself to  
10% OFF ALL LASER PACKAGES!**

**Ask your therapist if laser is right for you!**

*Offer valid during the month of May.*



**Amanda Cupp, PT,  
DPT, PMC, LSVT BIG**

Dr. Amanda Cupp was born and raised in Northwest Ohio. She attended Delta High School, where she played basketball. Dr. Cupp earned her Bachelor of Science in Health Science from Cleveland State University and went on to earn her Doctorate in Physical Therapy from the University of Toledo. She has a passion for helping others achieve their goals and is certified in LSVT BIG therapy for Parkinson's. Outside of physical therapy, Amanda enjoys hiking, traveling, spinning, and spending time with family and her two dogs, Khloe and Kona.

## SUCCESS STORIES

***"I think they are just terrific!"***

The thing I like best about ProTailored is that they sit and come up with an action plan for treatment WITH the patient, not just FOR the patient. They ask what your goals are for treatment rather than just telling you what you should expect, and they really take the time to talk with you and explain everything they are doing and how it affects the body. I think they are just terrific! -**Sara P.**



**COME BACK  
TO PT!**



**CALL TODAY**

**1 (260) 235-5967**

