



Don't Ignore Your BACK PAIN

Do you feel aches and pains in your lower back from time to time, or tightness in your back getting out of a chair after sitting for awhile? Four out of every five Americans will suffer from back pain at some time in their lives.

Do you have one of these 6 common conditions associated with back pain?

- 1. Lumbar or sacral radiculopathy:** The result of pressure on a nerve exiting the spine. This is often mistakenly called sciatica.
- 2. Sciatica:** This comes from compression of the sciatic nerve. Symptoms can radiate from the buttock down the leg to the back of the knee.
- 3. Spinal stenosis:** This is a narrowing of the bony spinal canal which causes rubbing or pressure on nerves. Weakness to the legs, pain or even loss of balance can result.
- 4. Lumbar sprain/strain:** This is a common cause of low back pain due to injury of muscles and tendons. The rows of muscles that run up and down the sides of the spinal column, are the major muscle groups usually involved in lower back injury.
- 5. Fractures:** These are due to trauma, or sometimes occur without any injury in people with osteoporosis.
- 6. Spinal cord compression:** This is unusual, but very worrisome and may be associated with weakness and loss of bowel/bladder control.

Do You Ignore Your Back Pain?

A recent survey showed that more than half of all first-time visits to a primary care physician for lower back pain were because the patient was unable to work or conduct daily activities. Twenty-five percent of patients visited a primary care physician because over-the-counter (OTC) drugs and treatments were ineffective.

Medication and Bed Rest

Most lower back pain sufferers will first try OTC drugs and bed rest, but most self remedies will not provide the relief that you need. In fact, bed rest is the wrong thing to do, because it can weaken the spinal muscles further.



Weakness in the spinal muscles is one of the main reasons for low back pain and puts you at risk for injuring your back with common daily activities such as lifting, bending or squatting. Most of us sit too much which contributes to severe weakening of the back and torso muscles which are needed for a healthy back.

How Our Treatments Help

The sooner you get professional help, the faster you will get relief. This translates into fewer missed worked days and needless spending on OTC drugs that have unpleasant side effects.

Putting off coming in for treatment could lead to loss of movement, loss of coordination and even loss of independence.

Without proper mobility, stability and alignment your back structures will wear down similar to tires that are out of alignment.



Seeking proper medical attention with our physical therapists, will help you regain proper mobility and stability of your spine, reduce pain and teach you how to take care of your back. Give us a call today about getting your back in shape at Agility Physical Therapy and Sports Performance.

Patient Success Spotlight



"I was in good hands!"

"I can not say thank you enough for all the help you gave me. I feel your generosity was above and beyond normal. Thank you, again for all you did. I was in good hands and very comfortable." - **Christine C.**

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IT'S EASY TO GET HELP FOR BACK PAIN

Do you suffer with back pain, and
fear it will get worse?

Don't let back pain become a way of life

*Move Freely • Alleviate Pain Naturally • Have More Energy
• Enjoy Activities Pain Free • Be Stronger*

Talk to One Of Our Physical Therapy Therapists

FREE BACK PAIN ANALYSIS



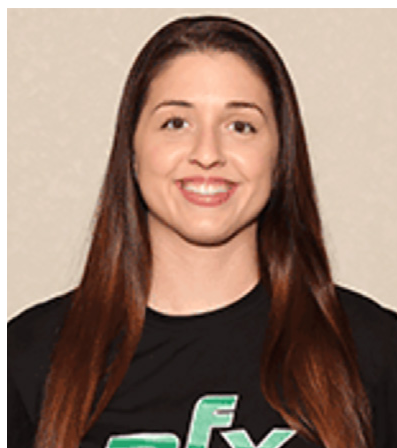
**Call To Schedule Today
(941) 484-8107**

Offer valid for the first 25 people to schedule. Expires 11-30-16.

Staff Spotlight

Rachel DeYoung, PTA

Rachel has a Bachelor's Degree in Human Performance from Florida Gulf Coast University in Ft. Myers FL and she recently graduated from Keiser University in Sarasota, FL with an Associate's Degree as a Physical Therapist Assistant. Rachel has experience training collegiate-level athletes from Ave Maria University (women's basketball) and Emory University in Georgia (all sports teams) as a Strength and Conditioning Coach. She began her career at Agility as a rehab tech in 2012 and assists in our fitness facility training athletes and children ranging from elementary school to high school levels. Her main focus is sports specific training, correct body mechanics, mobility, strength, but most importantly fun and safety. In her spare time, Rachel enjoys cooking, reading, playing golf and video games.



3 EASY STEPS TO PAIN RELIEF

1. You Decide

It's time to do something

Just dealing with pain can lead to long-term damage of joints, muscles and more.



2. Seek Help

Talk to our pain relief experts

At Agility Physical Therapy and Sports Performance **we are your trusted medical experts to finding the mechanical cause of your pain** and fixing it. We are always here for you, just a phone call away to answer your questions.



3. Get Relief

Feel better, stronger, healthier

Our proven hands on treatments will **fix your pain and teach you how to keep it from coming back**. Ask about our SPINE Program for common neck and back pain problems. Isn't it time you enjoyed an active pain-free life?



Exercise Essentials

Try this exercise to help your back pain...

Helps Low Back Pain

PRESS UPS

Lying face down, slowly raise up and arch your back using your arms. Hold for 30 seconds. Repeat 6 times.



Exercises copyright of



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The above exercise is designed to be performed under the instruction of a licensed physical therapist.

BE A HERO TO YOUR LOVED ONES



If you know someone suffering with aches and pains give the gift of health. Refer them to Agility Physical Therapy today. Pass along this newsletter or have them call us directly for a FREE Pain or Injury Analysis.

Refer a Friend

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Walk for long distances
- Live an active and healthy lifestyle



CALL TODAY! 941-484-8107

AGILITY
PHYSICAL THERAPY



IT'S EASY TO GET RELIEF

FREE BACK PAIN ANALYSIS

Look Inside

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