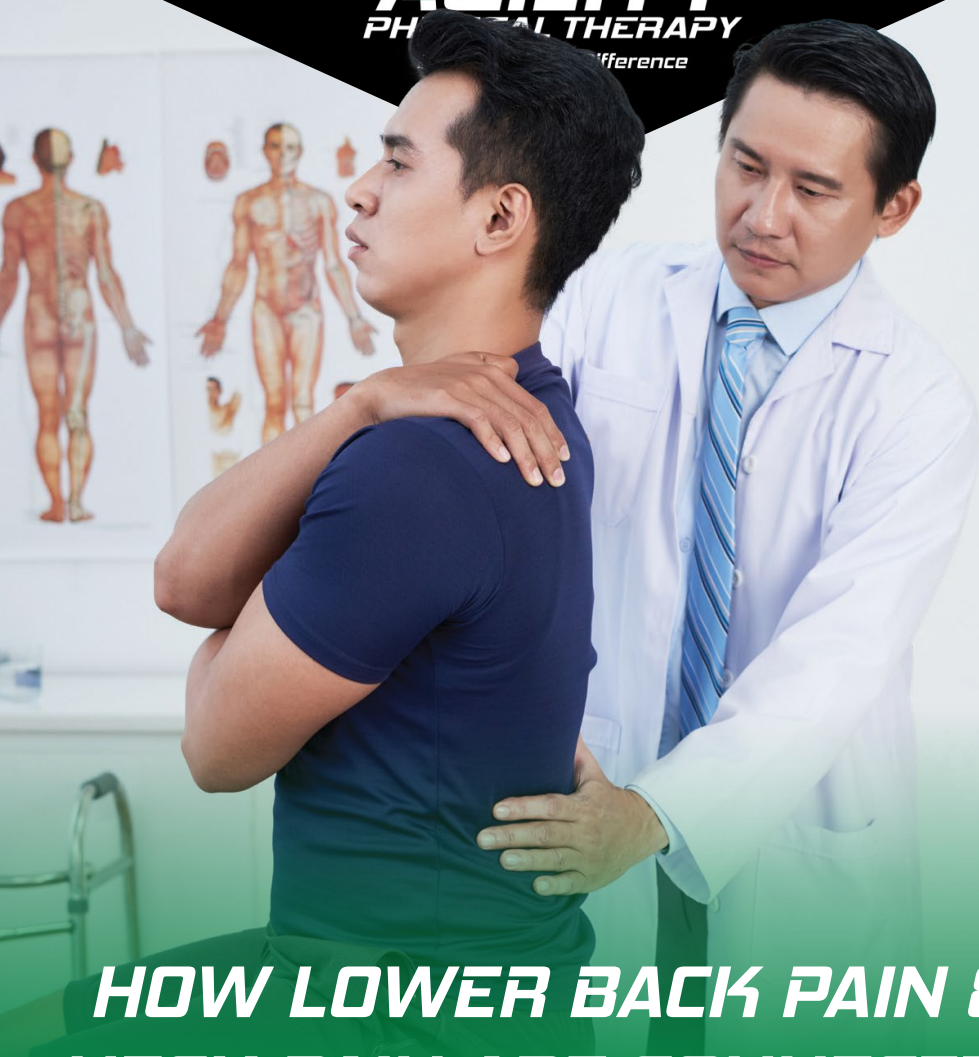


NEWSLETTER

AGILITY
PHYSICAL THERAPY
Difference



HOW LOWER BACK PAIN & NECK PAIN ARE CONNECTED

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine are connected. At Agility Physical Therapy, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit

painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physical therapists at Agility Physical Therapy, you can find solutions to your pain and learn how to help prevent future episodes!

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HOW PAIN IN THE SPINE IS CONNECTED TO YOUR NECK

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our neck requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.

HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

EXERCISE OF THE MONTH



CAT COW FLOW

1. Begin on your hands and knees in table pose, with a neutral spine. As you inhale and move into cow pose, lift your sit bones upward, press your chest forward and allow your belly to sink. Lift your head, relax your shoulders away from your ears, and gaze straight ahead.
2. As you exhale, come into cat pose while rounding your spine outward, tucking in your tailbone, and drawing your pubic bone forward. Release your head toward the floor.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At Agility Physical Therapy, our physical therapist's end goal is the same as yours – to get you feeling better!

WHAT TO EXPECT IN PHYSICAL THERAPY

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health. Some other things you can do are:

LIMIT SITTING FOR TOO LONG

- Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical 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 one position for extended periods, but when you need to sit or stand for long periods, find a "good" posture. For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out – lifting you up – keeping your hips, spine, shoulders, and neck aligned. Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

CALL OUR CLINIC TODAY

Visit a physical therapist at Agility Physical Therapy for a comprehensive assessment and learn what other steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

Source: https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>

SCHEDULE YOUR FREE PAIN SCREENING

VENICE: 941.484.8107

SOUTHBRIDGE: 941.244.2410

AGILITY
PHYSICAL THERAPY
Experience the Difference

***START 2023 RIGHT BY
SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT***

Offer valid for the first 25 people to schedule.

23rd ANNUAL SCRUB-JAY 5K & Scramble 10K

PLACE: Oscar Scherer State Park OR do the Virtual Scrub-Jay 5k ANYWHERE!

WHEN: Saturday, January 21st, 2023 (Race Registration includes race day park entry)

WHERE: Oscar Scherer State Park, 1843 S. Tamiami Trail (US41), Osprey, FL 34229

- Park Opens @ 6:30 AM on Race Morning
 - Packet Pick-Up / Race Morning
- Registration closes at 7:45 AM



RACES START @ 8:00 AM

Online registration closes January 20, 2023 at 6:00 PM but you can still register on Race Morning at the nature center when the park opens. Register online at:

RUNSIGNUP.COM/RACE/FL/OSPREY/SCRUBJAY5K10

ADVANCE PACKET PICKUP & REGISTRATION: Fri Jan 20th 4:00 - 6:00 PM at the nature center. Join us and get your packet early! Serving up s'more fireside.

NEW YEAR'S BLACK-EYED PEAS FOR GOOD LUCK

INGREDIENTS:

- 1 pound dry black-eyed peas
- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 8 cups water
- 2 (32 ounce) cartons chicken broth
- 1 pound smoked ham hocks
- 1 (14.5 ounce) can diced tomatoes
- 5 pepperoncini peppers
- ½ teaspoon garlic powder
- ¼ teaspoon ground thyme
- 1 bay leaf
- salt and pepper to taste

DIRECTIONS: Place the black-eyed peas into a large container and cover with several inches of cool water; let soak, 8 hours to overnight. Drain and rinse before using. Heat oil in a large stockpot over medium heat. Add onion and garlic; cook and stir until onion becomes translucent, about 5 minutes. Pour in 8 cups of water and chicken broth; bring to a boil, then reduce heat to a simmer. Stir in soaked black-eyed peas, ham hocks, tomatoes, pepperoncini, bay leaf, garlic powder, thyme, bay leaf, salt, and pepper. Cover and simmer until peas are tender, ham meat is falling off the bones, and the broth is thickened, about 3 hours.



STAFF SPOTLIGHT



ASHLEY HOSTETLER, PTA

Ashley was born and raised in Sarasota, FL. She received her physical therapy assistant degree in 2021 from Keiser University in Sarasota. Ashley and her husband enjoy spending time with family, playing basketball, and walking their dogs. Ashley fell in love with physical therapy after going through PT treatments herself a couple times in high school due to sports injuries.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments, you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment!

PATIENT SUCCESS



"I just "graduated" from PT today, with a full 120-degree range of motion and lots of optimism about being fully functional and back to my normal life again soon."

"Great equipment, knowledgeable staff, and a great group of friendly people--from Debbie at the front desk to Sean and Corey who worked with me through months of a grueling recovery from knee replacement surgery (and others, I really loved you all!). I just "graduated" from PT today, with a full 120-degree range of motion and lots of optimism about being fully functional and back to my normal life again soon. Physical therapy is NOT fun, but they really helped make it more enjoyable, kept my morale high, and were very flexible working around my limitations and other health problems to ensure a safe and effective recovery. I was actually SAD to be done with physical therapy today! I'll miss my Agility amigos! Thanks everyone at Agility. Choose Agility (the location near the circus bridge) if you're in need of physical therapy after an injury, knee replacement, etc." — A.S.