

NEWSLETTER

AGILITY
PHYSICAL THERAPY
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DON'T IGNORE YOUR BACK PAIN

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily – whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year! When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain – often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

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UNDERSTANDING BACK PAIN

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea. Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- 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)



The source of acute 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. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

SCHEDULE YOUR FREE PAIN SCREENING

VENICE: 941.484.8107

SOUTHBRIDGE: 941.244.2410

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**CELEBRATE HEART HEALTH
MONTH BY SCHEDULING A FREE
20 MINUTE APPOINTMENT**

Offer valid for the first 25 people to schedule.

Physical therapy is an effective solution for your back pain

Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

1. Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.
2. Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
3. Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

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

Call our clinic today

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible. Back pain can become chronic without proper guidance from a skilled physical therapist! Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all. Call today to make an appointment!



Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/> • <https://www.sciencedirect.com/science/article/pii/S1836955319300578> • <https://doi.org/10.1186/s12891-019-2594-0> • <https://doi.org/10.1186/s12891-019-2477-4> • <https://pubmed.ncbi.nlm.nih.gov/30252425/> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://pubmed.ncbi.nlm.nih.gov/27285608/>

CLAMSHELL BRIDGE WITH EXERCISE BAND

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



HELP DONATE TO THE TWIG

We are hosting a collection of bathing suits for The Twig, especially girls sizes 12-14. We will be collecting kids swimsuits of all ages for the months of April/May/June and can be dropped off to either of Agility's two locations, or you can order on Amazon and have it shipped to us!



CUCUMBER SANDWICH

INGREDIENTS:

- 2 oz cream cheese, at room temperature
- 1 tbsp low-fat plain Greek yogurt
- 1 tbsp sliced fresh chives
- 1 tbsp chopped fresh dill
- ¼ tsp ground pepper
- 2 slices whole-wheat sandwich bread
- 1/3 cup thinly sliced English cucumber

INSTRUCTIONS: Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

Recipe: <https://www.eatingwell.com/recipe/7949991/cucumber-sandwich/>



Congratulations to our two Clinic Directors Sean DPT and Autumn DPT on the arrival of their beautiful baby girl Emma!



PATIENT SUCCESS



"I received Physical Therapy at Agility after a total knee replacement. The skill, patience and encouragement of my therapist made it one of the best experiences of my life. I can walk and do activities without pain for the first time in many years. I am sincerely grateful."

– S.T.

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