



DON'T LET BACK PAIN SLOW YOU DOWN!

PHYSICAL THERAPY CAN HELP

Healthy Recipe:
Miracle Red Juice

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Dr. Christian

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For Back Pain

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A MESSAGE FROM DR. CHRISTIAN, DPT

How often do we feel limited in the activity we wish to do thanks to back pain? If you have chronic back pain, functional activities that bring us joy, such as picking up our grandchildren, taking the family dog for a walk, or going out to your favorite restaurant, leave you with severe pain that may last for days or longer. Thankfully, there are several treatment options for back pain. But how do you know which one is right for you? These days it can be difficult to navigate the various healthcare options out there such as surgery, chiropractic care, corticosteroid injections, and Physical Therapy. Ultimately, the ideal option is the one that works best for YOU!

At Joint Restoration Center, we strive to offer the highest quality

conservative care for back pain. Innovations in treatment techniques for back pain have improved greatly over the years. Our physical therapists practice a variety of methods to alleviate chronic low back pain and its residual symptoms such as numbness and tingling in the legs by utilizing a full-body approach to pain. We certainly treat the pain, but we believe that fixing what caused the pain is just as important for long-term pain relief. This approach can also help to delay or avoid surgery. Our spine is a remarkable structure and does a wonderful job of healing itself, but only if we employ corrective movement patterns that allow it to heal. My goal is to not only help the pain, but also teach every one of my patients how to recognize and correct their day-to-day activities so that the *back pain goes and away and stays away.*

HOW PHYSICAL THERAPY HELPS BACK PAIN

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 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!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30252425/>; <https://pubmed.ncbi.nlm.nih.gov/32669487/>; <https://pubmed.ncbi.nlm.nih.gov/29602304/>; <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full#highlightsAbstract-back%7Cexercise%7Cpain%7Cexercise>; <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full#highlightsAbstract-back%7Cpain>; <https://pubmed.ncbi.nlm.nih.gov/27285608/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2200681/>; <https://www.health.harvard.edu/pain/dont-take-back-pain-sitting-down>





STAFF Spotlight

Dr. Christian Patrzykont
PT, DPT, CSCS, Physical Therapist

Dr. Christian is a Board-Certified Physical Therapist with a clinical background in SNF, acute, outpatient orthopedic, and wound care. He is a Certified Strength and Conditioning Specialist and uses this knowledge to treat patients through education on proper functional mechanical techniques. Interests in the realm of physical therapy include functional movement with an emphasis on preventative therapy and concussion rehab. Outside of physical therapy, his hobbies include playing basketball, running, hiking, and hanging out with his fiancé, two cats, and dog.

HEALTHY RECIPE: MIRACLE RED JUICE



- 2 large beets
- 4 long carrots
- 2 apples
- 6 celery stalks
- 2 limes or lemons
- 2 inches of ginger

Prepare beets, carrots, apples, celery, limes (or lemons) and ginger by chopping into smaller pieces before placing into a juicer. As the skin of a beet is packed with antioxidants and nutrients, it is recommended to leave the skin on the beet. Do not peel the ginger, which you will add to taste as ginger can be spicy. After all ingredients are added to the juicer, blend until juiced and smooth. Miracle Red Juice can be absorbed more easily on an empty stomach. Drink one glass every other day or as needed.

HOME EXERCISE: PRONE ON ELBOWS

Helps loosen your lower back

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.

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Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.



DON'T IGNORE YOUR PAIN. RETURN TO PT!



Patient Success Story



“Christian is very knowledgeable. He conducted an excellent evaluation and physical therapy plan. Highly recommend him.”

— David B.



We want to hear *YOUR* success story!

Leave a review for our practice and help us connect with the community! **Visit <https://I.lead.me/bd9lrm> or scan the QR code to leave us a Google review!**



Has Your Pain Returned?

Call today to schedule an appointment!

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