



How

**LOWER
BACK PAIN**

and

NECK PAIN

Are Connected

Avoid Knee Replacement
with Our ARP

Home Exercise
for Neck Pain

Healthy Recipe!
Roasted Cauliflower
Steaks

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A MESSAGE FROM DR. CHRISTIAN, DPT

HOW ARE BACK AND NECK PAIN RELATED?

Have you ever felt that some of your aches and pains seem to happen at the same time? Maybe you've noticed that there is a pattern that whenever a certain body part begins to hurt, another body part will also begin to cause discomfort. This is a very common occurrence with chronic pain, and many people experience these symptoms!

You may have noticed that your neck has been beginning to bother you shortly following an injury to your back, or vice-versa. One of the many reasons this happens is due to a change in the position of your spine. Our body is amazing at creating compensations that can take away short-term pain; one of the ways our body "adjusts" to decrease pain

is by bending at the low back to increase the spacing in your joints. This is a great short-term fix for the low back pain, but always leaning forward also causes your neck to bend forward. Over time, this extra bent-forward position of the neck will cause a lot of unnecessary pressure on the joints of your lower neck vertebrae. Then you may notice chronic pain start to rear its ugly head.

Small compensations like this happen all the time, but the important thing is to recognize that your new symptoms may be coming from an old injury in an entirely different body part! For this reason, it is very important to see a specialist, such as a physical therapist, to diagnose and get to the bottom of what's really causing your pain.

HOW LOWER BACK PAIN AND 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 Joint Restoration Center, 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 Joint Restoration Center, you can find solutions to your pain and learn how to help prevent future episodes!

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 spine 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.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At Joint Restoration Center, 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.

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 Joint Restoration Center for a comprehensive assessment and learn what 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>

HOME EXERCISE

SEATED NECK FLEXION AROM

Stretches Your Neck

Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.



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

Healthy Recipe! ROASTED CAULIFLOWER STEAKS

- 1 head cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil, divided
- salt & pepper to taste
- 1 roasted red pepper (or 8 oz. jarred)
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds



Heat oven to 425F and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season with salt & pepper. Put on the tray and roast for 15-20 mins until cooked through.

Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

<https://www.bbcgoodfood.com/recipes/cauliflower-steaks-roasted-red-pepper-olive-salsa>

AVOID KNEE REPLACEMENT *with Our ARP*

The advanced Arthritis Relief Protocol™ (ARP) is a non-surgical, FDA-approved treatment for osteoarthritis pain that is covered by Medicare and most commercial insurances. It combines gel injections, physical therapy, bracing, and expert guidance. It is an excellent alternative to knee replacement surgery, helping to delay or even prevent the need for total knee replacement. The ARP combines these powerful techniques:

- **Viscosupplementation.** Gel-like substances are injected into a joint to supplement your natural synovial fluid, resulting in a 92.7% success rate in alleviating osteoarthritis pain.
- **Fluoroscopy.** We look inside your joints in real time, helping ensure the injection is in the correct location for the best results.
- **Physical Therapy.** We combine personalized PT programs with a cutting-edge unloading knee brace.

FREE CONSULTATION. Start your journey towards a pain-free life by contacting us today for a free, personalized knee evaluation!

Watch our **FREE WEBINAR** to learn more about the advanced Arthritis Relief Protocol. Scan the QR code to view.

Watch to learn more!



Patient Success Story

“Everyone is so kind and caring. Treatments are fully explained and expectations outlined. All questions are answered thoroughly. I am a figure skating coach and need my knees! Joint Restoration Center’s treatments have made a difference and I feel amazing. I will no longer be considering surgery because this worked!”

— Jennifer K.



We want to hear YOUR success story!

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



Has Your Pain Returned?

Call today to schedule an appointment!

918.205.2608

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