



Do You Have
**DIFFICULTY
WALKING
DUE TO
BACK PAIN?**

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Do You Have

DIFFICULTY WALKING DUE TO BACK PAIN?



A MESSAGE FROM DR. CHRISTIAN, DPT

DON'T LET BACK PAIN DAMPEN YOUR HOLIDAYS

The seasons are changing, and with that comes all of the festivities of the holiday season. For many of us, our back pain can limit our ability to do all the fun things associated with the holidays. Long car rides to visit our extended family, walking around the neighborhoods to see all the Christmas lights, and even working outdoors in the colder weather can be limited by chronic back pain. Our back pain can even reach the point where we have difficulty walking, which can not only limit our holiday plans, but severely affect our quality of life!

Our spine is an integral part of our body's movement system. Without proper mobility and stability throughout our entire spine, our walking pattern can be changed

for the worse. These changes can bring about pain all over the body, including our hips, knees, and even our lumbar spine. When our low back is in a constant state of pain, it can make even the most basic activities such as walking a much more difficult task.

Thankfully, we have many conservative treatments to improve our spine pain and even improve our walking mechanics so that we can walk farther and with less pain. Physical therapy treatment can significantly improve our spinal mobility and stability to allow you to get your life back and enjoy the holidays, rather than bear through it. If you are ready to take the next step to improve your quality of life, schedule an evaluation with a skilled physical therapist at Joint Restoration Center today!



DOES YOUR BACK PAIN

Make Walking Difficult?

Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, physical therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our physical therapists are an excellent resource for managing your back pain and difficulty walking.

Call Joint Restoration Center today for our comprehensive assessment of your back and your gait! We can be a helpful tool in getting you back on your feet.

HOW BACK PAIN AFFECTS YOUR GAIT

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common that it interferes with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how you walk changes. When you are in pain, you tend to walk "out-of-phase," meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.

At Joint Restoration Center, our physical therapists can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

HOW PHYSICAL THERAPY CAN HELP

When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Physical therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapists will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

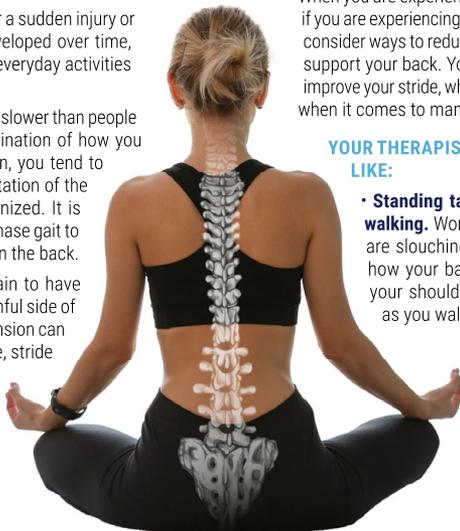
WHAT TO EXPECT AT PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk.

When you are experiencing recurring back pain—especially if you are experiencing back pain while walking—you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

YOUR THERAPIST WILL TEACH YOU STRATEGIES LIKE:

- **Standing tall whenever you are standing or walking.** Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.
- **Making sure that you are wearing suitable types of shoes.** The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.



• **Trying a custom insert in your shoe.** Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.

• **Changing "how" you walk.** Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

Working with a physical therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What's more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

CALL OUR CLINIC TODAY

Call Joint Restoration Center today for a comprehensive assessment of your back pain and your gait. Working with our physical therapists to improve your walking technique can help you overcome back pain one step at a time.

If you have a history of severe back pain that has changed how you walk, don't hesitate to talk to our physical therapists. We offer the results you are looking for!

Book Your Appointment Today!



HEALTHY RECIPE

COCONUT APRICOT ENERGY BALLS

- 1 1/2 cups dried apricots
- 1 cup raw cashews (can sub blanched almonds or macadamia nuts)
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 2 tbsp brown rice syrup



- 1/2 tsp vanilla extract
- pinch of salt

Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least 2 hours to set.

Source: <https://choosingchia.com/coconut-apricot-energy-balls/>

PATIENT Success Story

“Great receptionist — his smile lights up the office. The staff have been patient with me and treated me with respect. ❤️ I truly appreciate the work they have done to improve my knee. 🙌”

— Windy C.



HOME EXERCISE



LUMBAR EXTENSION

Try This Exercise to Increase Range of Motion.

Start by standing up straight. Place both hands on your lower back and press forward gently as you lean back to extend your back. Pause briefly. Repeat 3 sets, 10 reps each.



Always consult with your physical therapist before starting new exercises.

918.205.2608



JointRestorationCenter.com

DON'T IGNORE YOUR PAIN. COME BACK TO JRC! 918.205.2608