



*Don't
Ignore
Your*

**LOWER
BACK PAIN**

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Home Exercise for
Low Back Pain



Don't Ignore Your Lower Back Pain



A MESSAGE FROM DR. CHRISTIAN, DPT

MAKING 2024 YOUR YEAR

Now that we are settling into the new year, you may have already started working on new changes for 2024. It's worth taking a second to consider all that you have accomplished in 2023, as well as the goals that were never reached. Ask yourself, am I better off now than I was one year ago?

Perhaps you've created a set of goals for yourself to achieve in the year 2024; I know that I love setting goals at the beginning of the year because it truly feels like a fresh start (new year, new me!). Many of you may have considered setting a health goal for yourself. Maybe that goal was to finally be able to do the activities that you used to love doing, but caused too much pain in your back, hips, knees, shoulders, etc. What if 2024 was

the year that you returned to doing the things that you love? Taking long walks with your spouse, getting on and off the floor to play with your grandkids, or even choosing to take the stairs over the elevator! Whatever your goals look like, it always helps to have mentorship and a team to help you reach those goals. If your goal is to get out of pain and back into the lifestyle that you deserve, then you are likely ready to work with a team who specializes in getting you back to the activities in life that make life worth living. If you are tired of missing out in life due to your pain, then schedule a visit with our team at Joint Restoration Center and **make 2024 the year you get your life back!**

DON'T IGNORE YOUR LOWER BACK PAIN



Are you someone who pushes through those mysterious aches and pains that crop up occasionally? Do you just assume your lower back pain will get better on its own? While this can work out, it's not a guarantee. If you're struggling with back pain, make an appointment with Joint Restoration Center and seek the treatment you deserve.

Lower back pain is one of the most common musculoskeletal ailments globally, with an estimated 80% of people experiencing it at some point. But just because it's a common experience doesn't mean it can't cause complications: around 23% of the world's population suffers from chronic back pain, pain that lingers for longer than three months.

The good news is that physical therapy can resolve most cases of back pain through techniques like manual therapy and therapeutic exercise – no surgery or dangerous pain medications required. Even better, our therapists can often help you improve your back strength and mobility so your back functions better than before your injury.

But to get to that point, you have to take the first step and make an appointment with the physical therapists at Joint Restoration Center.

Need a little extra push? Keep reading to learn why you shouldn't ignore lower back pain.

THREE REASONS TO SEEK TREATMENT FOR LOWER BACK PAIN

- **It could get worse.** People develop lower back pain for all kinds of reasons. If you suffered a sudden injury, your pain might indeed resolve on its own. But sudden injuries aren't the only cause of back pain.

Many people will develop back pain due to prolonged sitting, which can contribute to a weakening of the core muscles that stabilize the spine – and puts undue strain on your lower back. Your pain will never fully resolve until you work to strengthen those muscles and address those postural issues.

- **It could indicate a serious underlying condition.** Not all back pain results from an injury or poor posture. Certain medical conditions, such as spinal fractures, osteoarthritis, and ankylosing spondylitis, can all cause back pain. If left untreated, your symptoms will get worse, and they might bring friends, such as restricted mobility or additional complications.

Our team of physical therapists can help you determine the exact cause of back pain and suggest appropriate treatment methods. If you have developed a chronic condition, we can help you manage your symptoms and work with you to delay the disease's progression.

- **You deserve a pain-free life.** Back pain may be common, but it can also be debilitating. Intense, persistent pain can keep you from staying active, which only worsens your symptoms and delays healing. It's a vicious cycle that keeps you from fully enjoying your life.

Rather than waiting for your pain to resolve, take a proactive approach with physical therapy. We'll give you the tools to build strength, improve your posture, and get moving – so you can experience lasting back pain relief.

HOW DOES PHYSICAL THERAPY HELP WITH BACK PAIN, ANYWAY?

When it comes to back pain, movement is definitely the best medicine. Research repeatedly shows that regular exercise can reduce back pain and keep it from occurring.

The problem is that exercise might feel like an impossibility when you're in pain. That's why physical therapy is such an excellent treatment option: we make movement the center of our treatment.

Once you've decided to not ignore your back pain, give Joint Restoration Center a call. Here's what we'll do to help you find relief:

1. **Find the cause.** Our in-depth physical assessments will help us identify precisely why you're experiencing back pain, allowing us to develop a customized treatment plan.
2. **Manage pain.** We offer several drug-free techniques for managing pain so you can get moving again. Manual therapy, gentle mobilization exercises, and pain-relieving modalities can get you started.
3. **Get moving.** We'll provide a tailored exercise program that suits your needs, interests, and ability levels. We can also help you strengthen your core muscles, ensuring your spine is well supported.
4. **Prevent future pain.** We'll also help you avoid future incidences of back pain by instructing you on proper lifting techniques or offering ergonomic suggestions for your workspace.

TODAY'S THE DAY TO STOP IGNORING YOUR BACK PAIN!

Want to take action? The first step is simple: call Joint Restoration Center to schedule an initial consultation. Then wave your back pain goodbye as you embark on a journey to long-term relief!

Book Your Appointment Today!





SLOW COOKER WHITE CHICKEN CHILI

- 1 1/4 lbs. boneless skinless chicken breasts (2-3 breasts)
- 4 cups low-sodium chicken stock
- 2 (15-oz) cans reduced-sodium white beans such as white kidney, navy, cannellini, or Great Northern beans, rinsed and drained
- 2 (4.5-ounce) cans diced green chiles
- 3 cloves garlic minced
- 1 small yellow onion (or 1/2 large) finely diced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup chopped fresh cilantro
- Fresh lime wedges

Place chicken in the bottom of a 6-quart or larger slow cooker. Add the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, or until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.

With an immersion blender, puree a portion of the chili to thicken it, leaving some of the beans whole. (If you don't have an immersion blender, you can instead transfer a few ladlefuls of the chili to a food processor or blender and pulse roughly, then return back into the chili.)

Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.

<https://www.wellplated.com/crockpot-white-chicken-chili/>

PATIENT Success Story

Didn't want knee surgery, so I came here. Great people and atmosphere. No pain in my knee. I haven't felt this good in years. I highly recommend.

Thank you, Joint Restoration Center."

— Rea H.



HOME EXERCISE

DOUBLE KNEE TO CHEST

Try this exercise to help relieve low back pain.

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



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