



HEALTH & WELLNESS NEWSLETTER

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ARE YOU IGNORING YOUR BACK PAIN AND JUST HOPING IT GOES AWAY?

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.

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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.

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.

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:

- 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.
- Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
- 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!

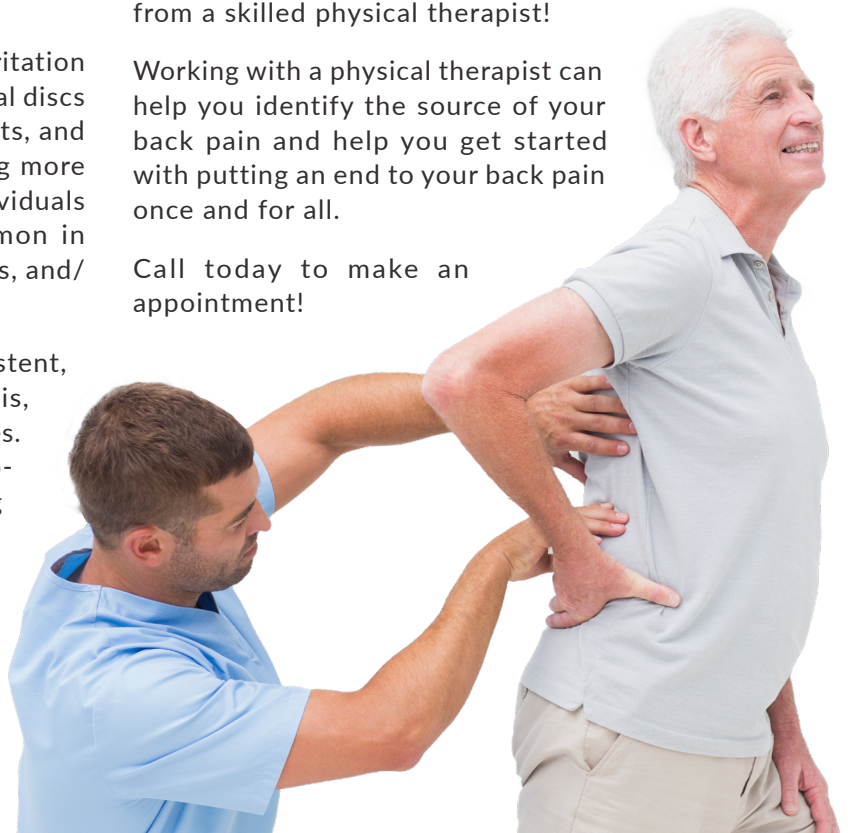
Call Our Clinic Today

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/>

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EXERCISE ESSENTIALS

SEATED THORACIC EXTENSION WITH CHIN TUCK

increases Back Range of Motion

Sit up straight in a short-backed chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades. Hold then relax. 3 sets, 5 reps, 5 seconds hold.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

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HEALTHY RECIPE

SLOW-COOKER VEGETARIAN LASAGNA

- 1 large egg
- 16-oz part-skim ricotta
- 5-oz package baby spinach, coarsely chopped
- 3 large portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 28-oz can crushed tomatoes
- 28-oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12-oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: <http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/>

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Tues. & Thurs: **8 AM - 6 PM**
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Closed: **Sat - Sun**