

**Stop Living
With Pain!**

**Call Us To Schedule Your
Appointment Today!**



**LIVING LIFE WITHOUT
BACK PAIN**

**IT'S TIME TO SAY GOODBYE TO BACK
PAIN, ONCE AND FOR ALL!**

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LIVING LIFE WITHOUT BACK PAIN

IT'S TIME TO SAY GOODBYE TO BACK PAIN, ONCE AND FOR ALL!



For some, back pain is a daily occurrence that dictates the way you live your life. Every movement, every motion is determined by the pain in your back. Standing, sitting, laying down, driving, walking or running — the pain persists.

In ages past, back pain was difficult to treat. If you experienced back pain, whether as a result of a work injury, trip-and-fall accident, or even just as a result of aging, the answer was almost always the same: head home, take a long rest, and give your back time to heal. This isn't the way that things go anymore, and for several reasons. To start, the world isn't as forgiving. Heading home and taking a long rest until your back is healed may work for some, but not for most. With deadlines and carpools and work schedules to keep up with, there needs to be an alternate solution to dealing with back pain that doesn't require you to completely remove yourself from your responsibilities.

What's more, recent research indicates that resting may not actually be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can cause the back muscles to weaken and can even weaken bone strength. This could lead to more long-term issues with back pain —

not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

PHYSICAL THERAPY FOR BACK PAIN

While rest and relaxation can help you overcome the immediate pain of a back injury, and may even be recommended by your physician in the early days following an injury, it is not a long-term solution. Physical therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain.

Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

UNDERSTANDING THE WHY AND HOW

There are a lot of different reasons that back pain can develop. Even when you break down injuries, whether from overuse or athletic pursuits, there are different problems that can develop. Sprains and strains are common, but so are issues with the vertebrae, blood flow, and even concerns regarding the spinal nerves.



OVERCOME YOUR BACK PAIN WITH PHYSICAL THERAPY

You might be amazed to discover the different factors that could be influencing your back health. Such as:

- Your personal level of physical activity, including how often you exercise and the intensity of your typical workouts.
- The types of shoes that you wear, in addition to how frequently you walk in different types of shoes, particularly shoes that lack support or those with high heels.
- Prolonged engagement in sedentary behavior, including sitting at a desk for eight hours or more consecutive days of the week, or spending free time on the couch or otherwise relaxed.

Aerobic activity and strength training exercises actually make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and improving blood flow and nutrient disbursement throughout the back. When you are inactive, blood flow can actually become impeded, and this can have a negative effect on the overall health of your back and spine.

HOW PHYSICAL THERAPY HELPS

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend

that it isn't. Simply going from sedentary activity to being active and healthy isn't an option — at least not so easily. It takes time and effort, and when back pain is obstructing you from getting started, it requires help.

Physical therapy can help you overcome back pain by giving you the knowledge and support necessary to help your back feel better, giving you the option to get off the couch and push yourself to reach new goals. Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly, but instead are guided through the process of healing with gradual steps. For more information about overcoming back pain, contact us today!

Is your daily life being limited by pain?

We Can help! Call us today and get back to doing the things you love.

(617) 376-3232 (Soleil PT) or

(617) 541-0772 (Quantum)

致電617-376-3232, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

Has Your Pain Returned? Call For Your Appointment Today!

Patient Success Spotlight



"Hands down the BEST physical therapy clinic I have ever been to! Recently, I had my second shoulder surgery and the treatment I received from Ron, Dave, and Sancho was head and shoulders above the other clinics. I promise you are in good hands and they give you next level care, commitment, and knowledge in order to get back to normal."

Treatments Received: Surgical Post Op strengthening and stretching, Sciatica pain exercises, stretching, and dry needling. Every person in the building is a pro and you won't find a better PT team in the area."

— Drew C.

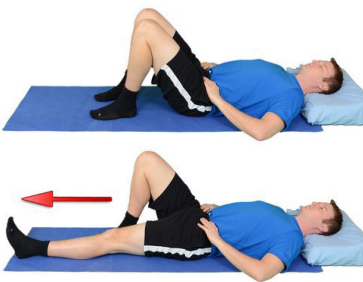
EXERCISES & PAIN RELIEF



If you have back or joint pain, there are probably some times when all you want to do is lie in bed all day. It's tempting, but it might make the problem worse. Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional; a physical therapist show you what is appropriate to do given your condition.

Exercise Essentials Helps Relieve Low Back Pain



DOUBLE KNEE TO CHEST STRETCH

Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.

Show Us Some Love!

If you have been a patient at either of our locations, it would mean the world to us for you to leave us a review!



SOLEIL PT



QUANTUM PT

Find The Lighthouse & Win!



Find the image of the lighthouse pictured below hidden somewhere in this newsletter. Once found, call us with the location to be entered into a drawing for a PRIZE!!

 **Soleil**
Physical Therapy & Wellness Inc.

QUANTUM
PHYSICAL THERAPY

www.soleilpt.com

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