

**Stop Living
With Pain!**

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



**ARE YOUR HIPS
CAUSING YOUR
BACK PAIN?**

ALSO INSIDE: Treatment Spotlight: Traction Therapy
Patient Success Story • Staff Spotlight



ARE YOUR HIPS CAUSING YOUR BACK PAIN?

Do you notice your back pain seems to get worse the longer you sit? Do you sometimes feel your back pain in the front or deep in the pelvis? You may be experiencing back pain that is connected to your hips. At Soleil Physical Therapy, we are skilled at figuring out where your pain stems from to ensure you find relief no matter what!

Over 80% of the population will experience back pain at some point in their life. Unfortunately, most back pain cases are non-specific, meaning that there is no primary cause for your pain. Often back pain is the combination of several factors affecting one another.

With non-specific back pain, there are interconnected factors that contribute to your pain, such as:

- Prolonged sitting postures
- Weak core (i.e., abdominal, spinal, and gluteus muscles)
 - Poor mobility of hip, pelvis, and spine

Your hips have a large range of motion that works

together with the movement of your pelvis and spine. Prolonged sitting over weeks, months, or years can limit hip flexors and muscle imbalances. These changes affect the natural movement of the hip joints, which in turn cause the pelvis to tilt, altering the posture of your spine and contributing to the development of low back pain.

Luckily, you can feel better by improving your hip, pelvis, and spine mobility. Contact Soleil Physical Therapy today to find out how!

HOW THE HIPS AFFECT BACK PAIN

Your hips are part of a kinetic chain, meaning they are part of the system of overlapping segments connected via our joints. This system functions whereby movement at one joint affects movement at another joint. This system must work together for your body to function correctly. When one part of the kinetic chain — the hips — is out of balance, stress is placed on another part — the back.

If you are experiencing back pain, the movements in your hip

OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-
EDUCATION

ACTIVE RELEASE
TECHNIQUE

SPINAL & EXTREMITY
MANIPULATION

THERAPEUTIC MASSAGE

MUSCLE ENERGY
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

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SOLEIL PT



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may be the source of the problem. Prolonged positions can lead to restrictions in the hip joint, leading to the muscles surrounding your hip joint becoming tense and painful. If your hip function is abnormal, the mechanics of your lower back may be altered, causing pain in both regions.

If you notice that you are feeling tight or stiff in the hip, pelvis, or spine areas, don't hesitate to contact us as soon as possible to find relief!

HOW PHYSICAL THERAPY CAN HELP

Our physical therapists can help in a variety of ways. We will start with a hands-on evaluation and movement assessment to identify what part(s) of the kinetic chain may be contributing to your pain.

This will consist of a thorough history to understand the specific movements and positions you need in your everyday life. It is essential to understand the demands on each joint and the overall function of the system.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any pain relief technique at our disposal.

Your physical therapist will then incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

The movement screen and postural analysis in our physical examination may indicate an increased lower back curve and abnormal



pelvic tilting. These are indications of a dysfunctional kinetic chain.

Targeted manual techniques and specific stretches are used to alleviate the tension of a tight muscle, leading to more significant improvements in range of motion. Once the tight hip, pelvis, and spine muscles are released, strengthening will help ensure the system's health and function.

If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it originates from your hips, you will benefit from consulting with one of our physical therapists.

CONTACT US TODAY TO SET UP AN APPOINTMENT

Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function. Contact Soleil Physical Therapy today to get started on the first steps toward relief!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7685385/>

https://journals.lww.com/nsca-jscr/Abstract/2019/09000/Effects_of_Myofascial_Trigger_Point_Release_on.18.aspx

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2699456/>

致電617-644-4522, 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!



SERVICE SPOTLIGHT: TRACTION THERAPY

Traction is a form of decompression therapy that we are happy to offer at our Boston and Quincy, MA physical therapy practices. It relieves pressure on the spine and alleviates pain from joints, sprains, and spasms. It can also treat herniated discs, sciatica, degenerative disc disease, pinched nerves, and many other back conditions. Traction is performed by skilled physical therapists and/or the use of mechanical units. If your back is bothering you, request an appointment to find out if traction could benefit you!

Lower back pain (LBP) is the most commonly reported form of pain. It is a major cause of medical expenses, work absenteeism, and disability. With traction, you can find some much-needed relief and get back to comfortably living your daily life.

WHAT ARE THE TYPES OF TRACTION?

Mechanical Traction

We use mechanical traction to treat the lumbar spine. This specialized treatment technique uses devices that work by stretching the spinal vertebrae and muscles.

Manual Traction

At our clinics, we use both manual and mechanical traction to treat the cervical spine. With manual traction, our physical therapists use their hands to stretch the spinal vertebrae and muscles.

HOW DOES TRACTION WORK?

Traction relieves pressure on the spine and alleviates pain. Cervical traction and lumbar traction are similar, but they have a couple of key differences: with cervical traction, a gentle force is used to stretch or pull the head away from the neck. With lumbar traction, a gentle force is used to gently gap the pelvis from the lower back. Both of these methods are useful in manipulating the spine and providing relief.

If your back has been bothering you, don't hesitate to request an appointment today. One of our highly trained physical therapists will design a personalized treatment plan for your specific needs.

Don't live with LBP — manual traction can help get you moving!

STAFF SPOTLIGHT:

WERNJANE YUE, MS, MAOM

LICENSED ACUPUNCTURIST AND CHINESE HERBALIST

Ms. Yue earned her Master's Degree of Acupuncture and Oriental Medicine from the New England School of Acupuncture. She specializes in pain management including whiplash, headache, neck, shoulder, back, sciatica, knee, and ankle pain. She also treats insomnia, anxiety, depression, digestive disorders, side effects of chemotherapy, and GYN/fertility. She incorporates electro acupuncture, cupping, and moxa to provide the best treatment for each individual. Her goal is to help people regain their wellness.



Patient Success Story

"I worked with both Dave and Ron for a back injury; they were extremely professional and the PT was able to give me a full recovery. I would certainly recommend going to Soleil for your PT needs. 10/10."

— Julie A.

Has Your Pain Returned?

Call today to schedule an appointment!



www.soleilpt.com

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