



IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running – the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Soleil Physical Therapy today to make an appointment.

Physical Therapy Solutions for Back Pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the

recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Soleil 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 Risk Factors Associated with Back Pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the

individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves can occur.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can 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.

How Physical Therapy Helps

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>; <https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2>; <https://pubmed.ncbi.nlm.nih.gov/31789300/>; <https://pubmed.ncbi.nlm.nih.gov/31666220/>; <https://www.sciencedirect.com/science/article/pii/S1836955319300578>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/>; <https://www.omicsonline.org/risk-factors-forchronic-low-back-pain-2161-0711.1000271.php?aid=22679>

LOW BACK PAIN MANAGEMENT

Watch Qui Trinh, Staff Physical Therapist, demonstrate exercises to help low back pain.

Click to watch Qui's video!



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!

for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Soleil Physical Therapy, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Our Clinic Today

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.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call Soleil Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

Click to Schedule an Appointment!

EXERCISE ESSENTIALS

CAT/COW STRETCH

Increases the flexibility of the neck, shoulders and spine

1 Set | 1 Rep | 2 Minute Hold

Begin on all fours. Place your hands below your shoulders and your knees below your hips. Arch your back towards the sky and bring your face towards your chest. Return to starting position. Now arch your back toward the ground and raise your face toward the sky. Alternate and repeat as directed by your provider.



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

SUCCESS STORY



“I’ve had chronic muscle adhesions/severely tight muscles in my right upper back and shoulder for a decade. After a previous PT at another location didn’t help (and I still didn’t understand my issue), I didn’t think I’d be able to resolve my pain. I decided to try PT again after a couple of years, and I’m so glad I found Soleil Physical Therapy!

Ash, Ron, and Dave took the time to understand my symptoms and try to find the root cause of my chronic pain. We tried various techniques like muscle scraping, active release technique, chiropractic adjustments, and dry needling, all in an attempt to see what gave me the most relief. They were always open to feedback about my areas of concern, always willing to answer my questions, and always wanting to know what techniques I was feeling progress with.

While my symptoms are not gone, my chronic pain is significantly better thanks to their care, and I now know that my chronic pain can be treated! I definitely recommend Soleil Physical Therapy.” — Julia D.

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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



Call today to schedule an appointment!

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Therapy Hours:

Monday - Friday: 8 AM - 7 PM
Saturday: 8 AM - 4 PM