

IDAHO SPINE & SPORTS **PHYSICAL THERAPY**

IS BACK PAIN **SLOWING YOU DOWN?**

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What Causes Back Pain? · A Little Prevention Goes A Long Way
What's Happening Around the Clinic? · Exercise Essentials

Is Back Pain Slowing You Down?

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.



What Causes Back Pain?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine, and thigh muscle flexibility
- Bad abdominal, pelvic, and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. **Medication might mask the pain, but it won't cure the problem's root cause.**

Back Pain Solutions

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy, and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications, and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

Are you struggling with back pain that won't go away? We want to help! **Call us or visit www.SpinePT.com to schedule your consultation today!**

A Little Prevention Goes A Long Way

If you want to avoid future back pain, be sure you're being good to your back. Here are a few tips to avoid some of the leading causes of back pain:

Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders, and neck aligned. If you're sitting, don't slouch.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

Sources

<http://www.apta.org/>
<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

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Feel Better By Eating Better!

Gluten-Free Breakfast Hash

- 5 medium-large potatoes washed and peeled
- 1 large white onion chopped
- 2 tbsp extra virgin olive oil
- 2 green onions trimmed and finely chopped
- 4 eggs
- 1/4 cup shredded cheddar cheese
- salt and pepper to taste
- 1/4 tsp paprika

Cut potatoes into 1/2-inch wedges. Heat olive oil in a large cast-iron skillet or frying pan over medium heat. Cook potatoes for 25 minutes, covered, stirring every 4-5 minutes. Add chopped white onion. Cook for another 5-10 minutes, uncovered and stirring constantly. When potatoes are crispy and golden brown, add green onions, salt, and pepper. Stir through. With your spatula, make four wells in the potatoes and crack an egg into each one. Sprinkle shredded cheddar all around. Cook until the egg whites are set, or until your liking. Cover pan with the lid for poached eggs. Add more olive oil on eggs if desired. Sprinkle eggs with a pinch of paprika seasoning. Serve immediately.

Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Meridian Location

(208) 286-2707

Boise Locations

(208) 939-0533

Fax Number

(208) 939-3341

Clinic Hours

Monday - Friday | 7AM - 7PM



What's Happening Around the Clinic?

Steve Oswald, PT had his first child, Henry on 11/21. Congratulations Steve!



Exercise Essentials Prone on Elbows



Lie on your stomach with your hands beside your shoulders. Push with your arms up onto your elbows. Hold for 10 counts then return to start position. Repeat 8 times. This exercise helps loosen your lower back.

Challenge Your Mind

Start your New Year's goals by challenging your mind! Try looking for three hidden images placed in this newsletter. Circle the hidden images in the newsletter and bring it to one of our front desks to claim a PRIZE!

