

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

**IS BACK PAIN INTERFERING
WITH YOUR EVERYDAY LIFE?**

www.SpinePT.com



Scan the QR Code to visit our website at www.SpinePT.com
to schedule your appointment today!

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 Idaho Spine & Sports Physical Therapy today to make an appointment.

Physical Therapy Solutions For Back Pain

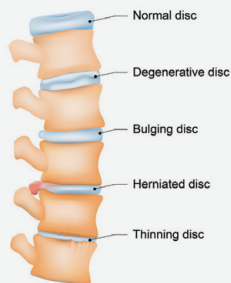
It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Idaho Spine & Sports 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.



**Has Your Pain Come Back?
Book An Appointment Today!**

DISK DEGENERATION



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.

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 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 Idaho Spine & Sports 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 our Idaho Spine & Sports 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!

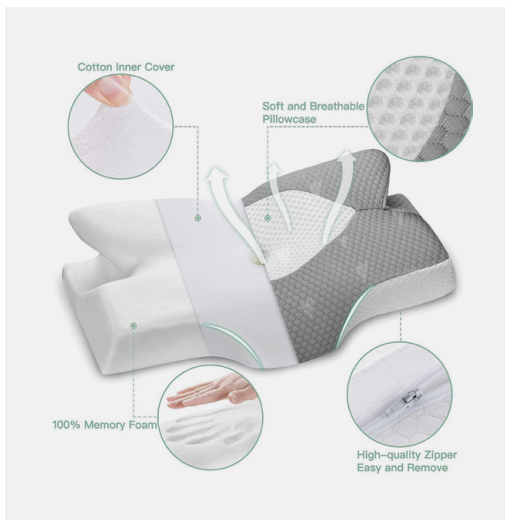
Find the Four-Leaf Clover!

Circle the hidden four-leaf clover in the newsletter and bring it to one of our front desks to claim a PRIZE!



Can't find the clover? Call our clinic to receive a hint!

Source
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>
<https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2>
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<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>



Refer a Friend Prize Drawing!

To Win the Best Pillow You've Been Waiting For!



Jan 1-March 31, 2023

Enter a chance to win a new Cervical Contour Memory Foam Pillow with Ergonomic Design each time you refer a friend or family member! We will enter your name into the drawing at each of our 4 locations for multiple winners!

We look forward to continuing to serve you and your loved ones on your journey to health this new year!

Free Shredding Event, April 21st 4-6PM

We will have snacks and drinks outside. This is for small businesses or individuals who want to do some:

- Spring cleaning
- Clear clutter
- Shred past confidential documents

All Are Welcome!

At Our Orchard St/Overland Rd Location
1525 S Orchard St. Boise, ID 83705

What better way to start Spring clean up!

- Limit of 5 boxes per person
- Attendees may bring confidential documents for on-site shredding
- No metal, plastic, magazines, bound books, or newspapers
- Paper clips, staples, and rubber bands are okay!



How to Squeeze in a Short 10-30 Minute Workout



Are you looking for a quick way to get results from your workouts? At Idaho Spine & Sports Physical Therapy, our physical therapists use the most advanced programs for rehabilitation, prevention, and strength and conditioning training for health and fitness!

High-intensity interval training (HIIT) involves alternating periods of high-intensity aerobic exercise with a brief recovery period. These short but intense workouts can be done at home, at a gym, or on the road.

There is a growing body of evidence indicating the health benefits of a 10-30 minute program, including the following:

- More calories burnt in a short amount of time
- Reduced blood sugar levels
- Higher metabolic rate for hours after a quick workout
- Improved oxygen consumption
- Reduced heart rate, blood pressure

If you are looking for a highly effective way to get or stay in shape, HIIT workouts may be exactly what you are looking for!

Call Idaho Spine & Sports Physical Therapy today to request an appointment and learn more about how we can help you squeeze in a short workout to stay healthy and fit!

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

