

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

**BACK PAIN SLOWING YOU DOWN?  
PHYSICAL THERAPY CAN HELP!**

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to schedule your appointment today!

# Back Pain Slowing You Down?

## Physical Therapy Can Help!

**Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!**

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities—as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

**At Idaho Spine & Sports Physical Therapy, we know how debilitating back pain can be.** Our team of dedicated physical therapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.



## What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

*Here are some of the more common sources of back pain that we see at our clinic:*

### • Strains and Sprains

A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.

### • Herniated Discs

Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates—that is, bulges or ruptures—and irritates a nearby nerve, it can lead to intense pain, feeling "stuck" in a stooped over position, and other symptoms.

### • Osteoarthritis

Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.

### • Lifestyle Factors

Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

Turn Page for  
Solutions!



# Why Physical Therapy Is Your Back Pain Solution

Physical therapy is an excellent choice for people with particularly intense pain or restrictive mobility. It's also useful for people with chronic back pain—defined as pain that lingers past that 10 days.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying cause of your pain rather than simply masking the symptoms.

*How will we do this? Through a blend of the following techniques:*

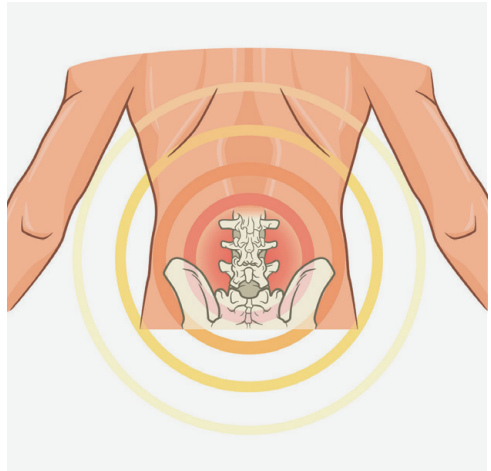
- **Manual therapy** helps manage pain, promote blood circulation, and gently improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as balance or gait training, improves areas of weakness that might contribute to your pain.
- **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or Yoga practice.

## Get Moving Again with Physical Therapy!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Idaho Spine & Sports Physical Therapy team is here to help you break that cycle and find relief from back pain for good.

Sources:  
<https://www.chocsept.com/guide/physical-therapy-guide-low-back-pain>  
<https://pubmed.ncbi.nlm.nih.gov/32669487/>  
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full>

**Call Idaho Spine & Sports Physical Therapy today at (208) 939-0533 and schedule an appointment with our physical therapist. Find the relief you have been looking for!**



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# New Year, New Insurance Benefits!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits.

The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely. Let Idaho Spine & Sports Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.



# Introducing Dr. Alex Godderidge, PT

## Your Expert in Orthopedic and Spine Physical Therapy



*Meet Dr. Alex Godderidge, PT, a dedicated physical therapist hailing from the vibrant city of Boise, Idaho. With a passion for promoting wellness and enhancing the quality of life for his patients, Alex has become a valued member of the Idaho Spine and Sports Physical Therapy team.*

*Alex specializes in orthopedics, focusing on comprehensive care for musculoskeletal conditions. His expertise extends to addressing issues related to spine and back pain, as well as providing targeted interventions for shoulder and knee concerns. As a practitioner committed to holistic healing, Alex is also skilled in Functional Dry Needling, offering an additional avenue for therapeutic relief.*

*At the heart of Alex's approach is a commitment to patient-centered care. He believes in taking the time to understand each patient's unique needs and tailoring treatment plans accordingly. By combining evidence-based practices with a compassionate touch, Alex empowers his patients to overcome physical challenges and regain optimal function.*

*Alex is currently accepting new patients. If you're seeking a trusted partner on your journey to recovery or are looking for specialized care in orthopedics, spine health, or functional dry needling. In choosing Alex as your physical therapist, you're not only gaining a skilled professional but also a compassionate ally in your pursuit of better health and well-being. Experience the difference of personalized care at Idaho Spine and Sports Physical Therapy.*

## Get Your Life Back with Idaho Spine & Sports

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

Phone Number

(208) 939-0533

Fax Number

(208) 939-3341

Clinic Hours

Monday - Friday | 7AM - 6PM

