

MALVERN


PHYSICAL THERAPY

N E W S L E T T E R

FIND RELIEF FOR YOUR ACHING BACK WITH PHYSICAL THERAPY

INSIDE:

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According to the American Physical Therapy Association, back pain is the most commonly experienced type of pain across the United States. In fact, one in every four Americans has experienced back pain within the last three months.

(continued inside)



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MALVERN PHYSICAL THERAPY

N E W S L E T T E R



FIND RELIEF FOR YOUR ACHING BACK WITH PHYSICAL THERAPY

(continued from outside)

The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. Fortunately, Benton Physical Therapy can get you the help you need so you can improve your quality of life!

Did you know this about back pain?

"Back pain" is an all-encompassing term used to describe a vast number of conditions that cause pain in the upper or lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain. The most common cause of back pain is from sustaining an injury. This can happen in one of two ways - from an instant, sudden trauma, or from a repetitive-use injury that develops gradually over time.

Because back pain is so commonplace in the United States, there is a lot of information we have on the topic. **Below are some facts about back pain:**

- Back pain is the number one disability for those under age 45.
- In the United States alone, there are an expected 31 million people with lower back pain at any given time.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- Experts place the likelihood of any person to experience some type of back problem in their lifetime at about 80%. That's four out of every five people!

- 30-40 percent of all workplace absences are due to back pain.
- Approximately one quarter of U.S. adults reported having low back pain lasting at least one whole day in the past three months, and 7.6% reported at least one episode of severe acute low back pain within a one-year period.
- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical—meaning they are NOT caused by serious conditions, such as infection, fracture, or cancer.

Find relief with Benton Physical Therapy:

Fortunately, back pain can be relieved with our SPINE program. This program helps in improving your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended. Our SPINE program can also provide you with helpful tips for preventing your back pain from returning.

Your physical therapist will also work with you to implement an individualized treatment plan, based on your specific needs. The main stages of your plan will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your physical therapist may deem fit. As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

If you are suffering from back pain, contact Benton Physical Therapy today for relief!



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7 TIPS FOR AVOIDING BACK PAIN

While consulting with a physical therapist is the first step in finding relief, there are a few tips you can also try on your own, in order to relieve your back pain at home. This can help alleviate pain that may occur while you're away from the clinic and help prevent it from worsening:

- 1. Get more exercise.** If your back is hurting, you may think the best way to get relief is to rest. However, studies show that frequent changes in position and regular physical activity can actually help ease inflammation and muscle tension faster in the back.
- 2. Maintain a healthy weight.** Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting a strain on your lower back. Maintaining a healthy weight can help control back pain and will provide additional health benefits.
- 3. Quit smoking.** Nicotine in smoke restricts the flow of nutrient-containing blood to spinal discs. Because of this, smokers are especially vulnerable to back pain, which typically dissipates on its own after the nicotine is out of your system.
- 4. Adjust your sleeping position.** If you're prone to back pain, talk with your physical therapist about the best sleeping position for you. It is important to sleep in the position that will help you achieve the most rest. It is typically best to avoid sleeping on your stomach. If you enjoy sleeping on your back, you can try putting one pillow under your knees and another under your lower back. If you sleep on your side, you can try pulling your knees slightly toward your chest and sleeping with a pillow between them.

5. Improve your posture. Posture is important, whether you're working, exercising, or simply relaxing. Find a good chair to sit on that will allow you to keep your feet flat on the floor while you sit. Try to avoid soft couches or chairs that put you in a slouched position. When standing, try to alternate your positions and walk around if possible. Have one foot forward when standing, alternating between feet every 10 minutes.

6. Watch how you lift. It is a common mistake to lift with your back, rather than your legs. Make sure you don't bend over at the waist to lift heavy objects. Instead, bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push heavy objects, rather than pulling them.

7. Use supportive shoes. A good pair of cushioned shoes can reduce pressure on your back. When possible, avoid wearing high heels, as they shift your center of gravity and strain your lower back.

If you have been suffering from back pain and the tips above aren't working, contact Benton Physical Therapy today. Your physical therapist will work with you to address and treat the underlying cause of your back pain. No matter how severe it may be, we can help you find relief so you can get back to doing the activities you love and living your life comfortably!

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NO BAKE SUMMER BERRY ICEBOX CAKE

INGREDIENTS

- 19 oz graham crackers
- 8 oz cream cheese, softened
- 2 (3.4 oz) packages Vanilla Instant Pudding
- 2-1/2 cups cold milk
- 12 oz Cool Whip (or homemade whipped cream)
- 3 cups fresh strawberries, sliced
- 1-1/2 cups fresh blueberries
- 2 oz white chocolate chips



INSTRUCTIONS

Beat cream cheese and dry pudding mixes in large bowl with mixer until blended. Gradually beat in milk. Gently stir in Cool Whip or homemade whipped cream, reserving 1/2 cup. Spread a thin layer of cool whip in a 9x13 pan just to coat the bottom. Layer 5 graham crackers across the center of the pan, then 2 more, breaking them as needed to fit around the top and bottom edges. Spread a layer of pudding mixture over grahams and top with a layer of blueberries and sliced strawberries. Place graham crackers on top of berries, then pudding mixture, then layer of berries again. Repeat the graham-pudding-berries layers 1 more time (3 times total) and you should reach the top of the pan. Refrigerate for at least 4 hours or overnight until the graham crackers have softened completely. When ready to serve, melt white chocolate chips in a bowl as directed on package and drizzle over dessert. You can use a spoon to drizzle it over the tops of the berries or you can put it into a small zip-top bag and snip of the corner for an easy "piping bag."

EXERCISE ESSENTIALS

Helps To Relieve Back Pain



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 2-3 seconds. Return to starting position. Repeat as necessary.



Patient Success Spotlight



“You can’t get any better than this organization! I highly recommend it.”

“I absolutely love Benton Physical Therapy! This is my 2nd round of therapy with this group, for two different reasons I might add. You can’t get any better than this organization! I highly recommend it.” - **B.S.**

Staff Spotlight



Lauren Cook

*Physical Therapist,
Benton Physical Therapy*

Lauren is a current resident of Sherwood, where she lives with her husband and their dogs. In her spare time she likes to hike, travel, spend time with her family and spoil her fur babies. One day she would love to visit Hawaii and hike at Torres del

Paine in Chile. Lauren is a graduate of UCA and she joined our team in Sept of 2020. She likes feeling challenged to become the best therapist she can.

When asked what her favorite part of the job is she says:

“Interacting with patients and helping them return back to the activities they enjoy doing.” - Lauren

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FUN & GAMES

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COUPON CORNER!

**ONE FREE
15 - MINUTE
CONSULTATION!**

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