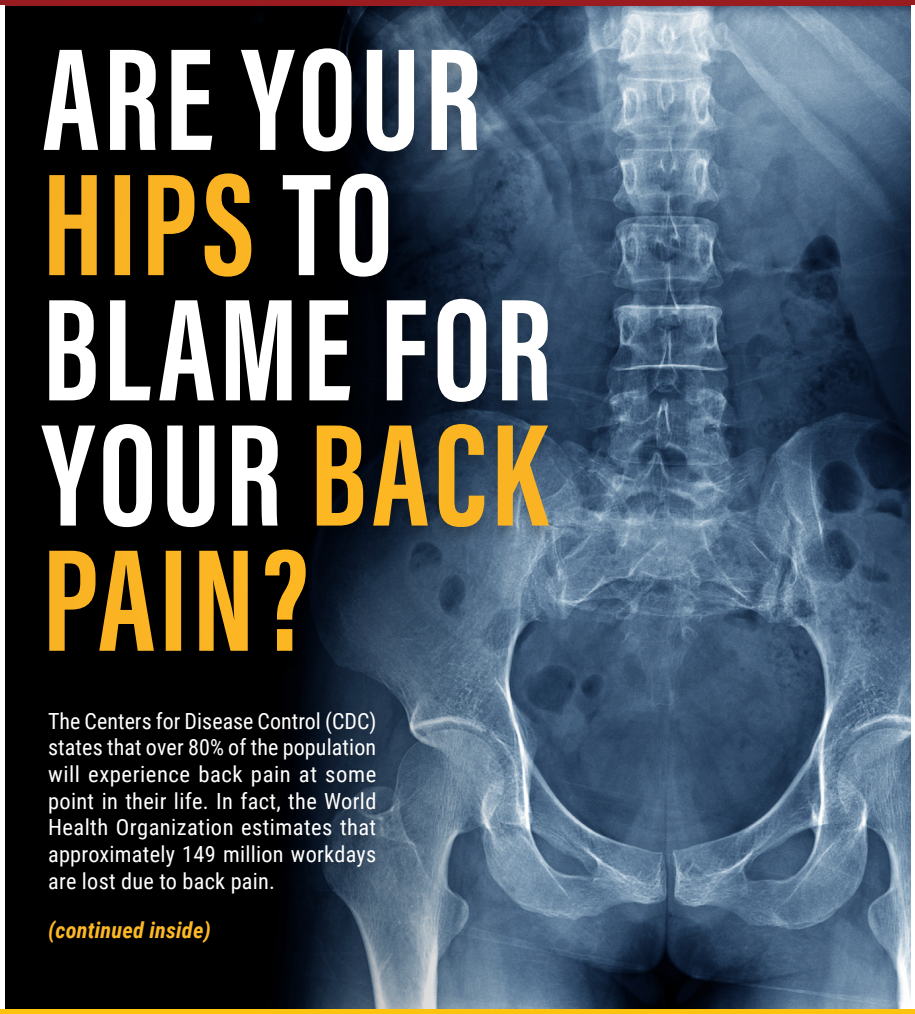
BENTON
PHYSICAL THERAPY

NEWSLETTER



ARE YOUR HIPS TO BLAME FOR YOUR BACK PAIN?

The Centers for Disease Control (CDC) states that over 80% of the population will experience back pain at some point in their life. In fact, the World Health Organization estimates that approximately 149 million workdays are lost due to back pain.

(continued inside)

BENTON PHYSICAL THERAPY

NEWSLETTER



ARE YOUR HIPS TO BLAME FOR YOUR BACK PAIN?

INSIDE:

- How Can I Tell If My Hips Are Healthy?
- Staff Spotlight
- Coupon Corner!
- Exercise Essentials

(continued from outside)

While millions of Americans experience back pain, the majority of back pain cases are non-specific, meaning that there is not a primary cause, such as a fracture or disc protrusion.

With non-specific back pain, there are usually 3 common factors that are contributing to it:

1. Poor posture.
2. Weak core and gluteus muscles.
3. Poor hip flexibility.

You may be thinking, "What do my hips have to do with my back pain?" Well, your hips have a very large range of motion that works together with the movement of your back. Your hips contain thick Y-shaped ligaments known as "iliofemoral ligaments" that work to provide support. With prolonged sitting over weeks, months, or years, these ligaments shrink, reducing the natural movement of the hip joints.

When the iliofemoral ligaments shrink, they begin to yank and pull on the pelvis, which is attached to your spine – thus causing back pain. Additionally, this can cause the pelvis to tilt, altering the posture of your spine and increasing strain.

Luckily, this can be resolved through improving your hip mobility. Contact Pro-Active Physical Therapy today to find out how!

HOW CAN I TELL IF MY HIPS ARE HEALTHY?

Your hips are part of a kinetic chain, meaning that they make up a combination of weight-bearing joints that must function together in harmony in order for your body and posture to function properly. If one part of the kinetic chain is out of balance, stress may be placed on another part of the body – such as the back.

Fortunately, you can test your hip mobility with some at-home tests. If you notice that any of these bring you pain or discomfort, don't hesitate to contact Pro-Active Physical Therapy as soon as possible to find relief.

1. HIP MOBILITY TEST

- Lie on your back with your legs straight out.
- Cross one ankle above the other knee, cross-legged in a "figure 4" position.
- Keep your ankle pressed on the other leg, but now lower the raised knee to the side. Does it lower close to the ground?
- Repeat on the other side and see if there is a difference.
- This might indicate a hip motion problem and cause back pain or hip discomfort on that side.

2. HIP SQUATTING TEST

- Keep your knees parallel, facing forward.
- Squat down as far as you can, keeping your feet and heels flat on the floor.
- If you feel a lot of pressure in your knees or calf muscles, you could have a hip movement problem.
- Try again in front of a mirror. Does your body want to go to one side? This can indicate a hip motion problem on one side.

Find relief for your back pain today!

If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it is originating from your hips, contact Pro-Active Physical Therapy today to consult with one of our physical therapists. Your physical therapist will conduct a comprehensive exam to determine the best individualized treatment plan for your needs. This will include targeted stretches and exercises in addition to any pain-relief modalities your physical therapist deems fit.

Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function. Contact us today to get started on the first steps toward relief!

MISSISSIPPI **POT ROAST**



INGREDIENTS

- 1 (3-4lb) chuck roast
- 1 Packet Ranch Dressing mix
- 1 Packet au jus gravy mix
- 1/4 cup butter
- 4-5 pepperoncini peppers

INSTRUCTIONS

Place Pot Roast in the slow cooker and sprinkle the top with the ranch dressing mix and au ju mix. Place peppers on top of the mixes, and add the butter. Cook over low heat for 8 hours. Serve with noodles, rice or mashed potatoes and Enjoy! ***Note:*** Do not add any water or broth to this.

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EXERCISE **ESSENTIALS**

Helps To **Relieve Back Pain**

SimpleSet Pro
www.simpleset.net

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.



Patient Success **Spotlight**



"I will always choose therapy over surgery or pain pills whenever it is possible."

"In the last three years, I have had both knees replaced. Pro-Active Physical Therapy with Sarah and the crew have done a great job in helping me get mobility back in my knees. I will always choose therapy over surgery or pain pills whenever it is possible."

IF YOU NEED TO HAVE THERAPY:

1) CHOOSE Physical Therapy 2) GO to all prescribed therapy appointments!

Staff **Spotlight**



Hannah Farguson

Front Desk,
Pro-Active PT Sheridan

Hannah is a current resident of Sheridan where she lives with her 6 fur babies. She comes from a very supportive family, where she says her younger brother is her best friend! Hannah attended college at Pulaski Tech. She joined our team in July of 2020 as a therapy tech and has since moved into the role of front office and social media coordinator. In her spare time she likes cuddling up on the couch to watch scary movies with her dogs and cats. One day she would love to stay in a cabin in Colorado on one of the snowiest weekends of the year.

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

"Watching patients do things they didn't think that they could, and being around such a positive work environment constantly" **- Hannah**

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FUN & GAMES

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CALL TODAY!

COUPON **CORNER!**

ONE FREE 15 - MINUTE CONSULTATION!

VISIT OUR WEBSITE!

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