



**PRO-ACTIVE**  
**PHYSICAL THERAPY**

BRYANT • SHERIDAN



**N E W S L E T T E R**



# **HOW LOWER BACK PAIN & NECK PAIN ARE CONNECTED**



BRYANT 501.359.5841 | SHERIDAN 870.493.8187 | [PROACTIVEPHYSICALTHERAPY.HEALTH](http://PROACTIVEPHYSICALTHERAPY.HEALTH)



# PRO-ACTIVE PHYSICAL THERAPY

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## NEWSLETTER



### HOW LOWER BACK PAIN & NECK PAIN ARE CONNECTED

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine are connected. At ProActive Physical Therapy, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other. The good news is that with guidance from our physical therapists at ProActive Physical Therapy, you can find solutions to your pain and learn how to help prevent future episodes!

### HOW PAIN IN THE SPINE IS CONNECTED TO YOUR NECK

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other. Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves. When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity. If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.



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# HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At ProActive Physical Therapy, our physical therapist's end goal is the same as yours – to get you feeling better!

## WHAT TO EXPECT IN PHYSICAL THERAPY

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

### Limit Sitting For Too Long

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

### Use Good Posture

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a "good" posture. For example, imagine your breast bone is lifted towards the sky,

causing your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

## CALL OUR CLINIC TODAY

Visit a physical therapist at ProActive Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

Source: [https://journals.lww.com/md-journal/fulltext/2017/05190/trends\\_in\\_diagnosis\\_of\\_painful\\_neck\\_and\\_back.3.aspx](https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx) • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • <https://bmcmusculoskeletdisord.biomedcentral.com/articles/101186/s12891-020-03871-5>



## PROACTIVE PHYSICAL THERAPY HEALTH

## ROASTED BROCCOLI-ARTICHOKE DIP



### Ingredients:

- 4 c. chopped broccoli florets (about 1 lb)
- 4 cloves garlic, finely chopped
- 1 tbsp. olive oil
- Kosher salt and pepper
- 1 14-oz can artichoke hearts, rinsed and chopped
- 2 scallions, thinly sliced
- 1 shallot, finely chopped
- 1 tsp. chopped fresh tarragon
- 1/2 tsp. ground cumin
- 1/4 tsp. paprika
- 1/2 c. nonfat Greek yogurt
- 1/4 c. finely grated Parmesan
- Chopped fresh flat-leaf parsley, for serving

**Directions:** Heat the oven to 400° F. On a large rimmed baking sheet, toss broccoli and garlic with oil, pinch salt and ¼ tsp pepper. Roast until broccoli is golden brown and tender, 10 to 15 minutes. Meanwhile, in a large bowl, combine artichoke hearts, scallions, and shallot. Add broccoli along with tarragon, cumin, and paprika and mix to combine. Stir in yogurt and Parmesan. Season with pepper to taste and sprinkle with parsley if desired..

## EXERCISE ESSENTIALS

### POSTURE SQUATS FACING WALL

Start by standing facing a wall with your feet just outside hip-width apart and your toes pointed slightly out. Slowly bend at your hips and knees to lower your butt toward the ground without hitting the wall. Make sure to keep your heels down. Drive through your heels to stand back up straight. Step closer to the wall if possible or farther if needed. 3 sets, 10 reps.



*Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.*

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## PATIENT SUCCESS SPOTLIGHT



"This is the 2nd time I have used Mackenzie and I'm extremely satisfied! She is sweet and knowledgeable. If I need PT again I will definitely use her." —R.J.

"Great physical therapy facility, and Rick and all his staff are very competent and enjoyable to work with. Highly recommend this place."  
— M.H.

### IF YOU NEED TO HAVE THERAPY:

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

## STRETCH YOUR MIND

9			3			2	1	7
	3	1	7					8
						4		6
2	9			8				3
		3				6		
4				1			9	5
8		9						
5					6	3	2	
3	4	2			5			9

**CALL TO SCHEDULE A FREE 15-MIN CONSULTATION!**

## STAFF SPOTLIGHT



### MACKENZIE SIMON

*Physical Therapist at our Benton Clinic*

Mackenzie, her husband CJ, their daughter Hadley, and their son Harrison are current residents of Sherwood, AR. They share their home with their 2 dogs Archie and Ellie. In her spare time, Mackenzie likes to spend time with her daughter and her family, along with playing tennis with her husband and friends. One day she would like to spend several weeks traveling around Europe. She enjoys volunteering at local marathons to help stretch runners after the race and help with any acute pain they are having. Mackenzie graduated from UCA in 2017 and joined our team within the same year. Her inspiration comes from an injury in high school. Without physical therapy she wouldn't have been able to return to the sport she loved.

### HER FAVORITE PART OF HER JOB:

*"Helping others return to doing what they love, whether its returning pain free to sports, work, or recreational activities."*



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# WIN A \$50

## AMAZON GIFT CARD

All 5-star reviews will be entered to win a \$50 Amazon gift card! Please include first name and last initial in your review so we can contact the correct winner! Scan the QR code below to leave your review now.

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**THIS OFFER ENDS ON SEPTEMBER 30<sup>TH</sup> 2023**