

A photograph of a man and a woman in a tree. The woman, with red hair, is wearing a cream-colored sweater and has her arm raised, holding a branch. The man, wearing a plaid shirt, is smiling and looking towards the camera. The background is filled with green leaves and branches, suggesting a sunny day in a park or garden.

**A LIFE FREE OF BACK PAIN
IS WITHIN YOUR GRASP**

www.elliottphysicaltherapy.com

INSIDE:

- Understanding the Why and How
- Have You Met Your 2020 Deductible?

A LIFE FREE OF BACK PAIN IS WITHIN YOUR GRASP.



Give Chronic Pain the Cold Shoulder

For some, back pain is a daily occurrence that dictates the way you live your life. Every movement, every motion is determined by the pain in your back. Standing, sitting, lying down, driving, walking, or running — the pain persists.

In ages past, back pain was difficult to treat. If you experienced back pain, whether as a result of a work injury, trip-and-fall accident, or even just as a result of aging, the answer was almost always the same: head home, take a long rest, and give your back time to heal. This isn't the way that things go anymore and for several reasons. To start, the world isn't as forgiving. Heading home and taking a long rest until your back is healed may work for some, but not for most. With deadlines and carpools and work schedules to keep up with, there needs to be an alternate solution to dealing with back pain that doesn't require you to completely remove yourself from your responsibilities.

What's more, recent research indicates that resting may not actually be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can cause the back muscles to weaken and can even weaken bone strength. This could 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.

Physical Therapy for Back Pain

While rest and relaxation can help you overcome the immediate pain of a back injury, and may even be recommended by your physician in the early days following an injury, it is not a long-term solution. 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.

For more support in finding relief from back pain, talk to your physical therapist.

UNDERSTANDING THE **WHY AND HOW**

There are a lot of different reasons that back pain can develop. Even when you break down injuries, whether, from overuse or athletic pursuits, there are different problems that can develop. Sprains and strains are common, but so are issues with the vertebrae, blood flow, and even concerns regarding the spinal nerves.

You might be amazed to discover the different factors that could be influencing your back health. Such as:

- Your personal level of physical activity, including how often you exercise and the intensity of your typical workouts.
- The types of shoes that you wear, in addition to how frequently you walk in different types of shoes, particularly shoes that lack support or those with high heels.
- Prolonged engagement in sedentary behavior, including sitting at a desk for eight hours or more consecutive days of the week, or spending free time on the couch or otherwise relaxed.

Aerobic activity and strength training exercises actually make it possible to reduce your risk of injury and to improve your

ability to overcome back pain by strengthening the muscles that support the vertebrae and improving blood flow and nutrient disbursement throughout the back. When you are inactive, blood flow can actually become impeded, and this can have a negative effect on the overall health of your back and spine.

How Physical Therapy Helps

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. Simply going from sedentary activity to being active and healthy isn't an option — at least not so easily. It takes time and effort, and when back pain is obstructing you from getting started, it requires help.

Physical therapy can help you overcome back pain by giving you the knowledge and support necessary to help your back feel better, giving you the option to get off the couch and push yourself to reach new goals. Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly, but instead are guided through the process of healing with gradual steps.

For more information about overcoming back pain, contact us.

EXERCISE ESSENTIALS

Try this movement to help with back pain.

PRONE ON ELBOWS

Lie on your stomach with your hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times. This exercise helps loosen your lower back.



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PHYSICAL THERAPY

YOU CAN BE FREE OF YOUR BACK PAIN! CALL
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TRY THIS RECIPE!

GREEK ISLAND CHICKEN SHISH KEBABS

INGREDIENTS

- ¼ c olive oil
- ¼ c lemon juice
- ¼ c white vinegar
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 lbs skinless, boneless chicken breast, cut into 1 1/2-inch pieces
- 6 wooden skewers
- 2 large green or red bell peppers, cut into 1-inch pieces
- 1 large onion, quartered and separated into pieces
- 12 cherry tomatoes
- 12 fresh mushrooms

DIRECTIONS

Whisk the olive oil, lemon juice, vinegar, garlic, cumin, oregano, thyme, salt, and black pepper together in a large glass or ceramic bowl. Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap; marinate in the refrigerator for at least 2 hours. Soak wooden skewers in water for about 30 minutes before use. Preheat an outdoor grill for medium-high heat; lightly oil the grate. Remove the chicken from the marinade and shake off excess liquid. Discard the remaining marinade. Alternately thread pieces of the marinated chicken with pieces of bell pepper, onion, cherry tomatoes, and mushrooms onto the skewers. Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, and the chicken is no longer pink in the center, about 10 minutes.

Source: allrecipes.com/recipe/218485/greek-island-chicken-shish-kebabs

HAVE YOU MET YOUR 2020 DEDUCTIBLE?

YOU MAY QUALIFY FOR FREE PHYSICAL THERAPY FROM PEOPLE YOU TRUST

Have you met your 2020 deductible? If you have met your insurance deductible this year, or have money in your HSA account, it would cost you little or nothing for us to treat those aches and pains. Or, if you want to work on your core strength before we head into 2021, the Elliott PT team can help! Your insurance plan may cover it completely.

YOU CAN TAKE ADVANTAGE OF YOUR BENEFITS! CALL TODAY OR VISIT US AT WWW.ELLIOTTPHYSICALTHERAPY.COM



UNSURE IF TELEHEALTH PHYSICAL THERAPY IS FOR YOU?

FREE TELEHEALTH CONSULTATION

Schedule your FREE telehealth consultation with a physical therapist by calling us and mentioning this coupon!

WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

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