



**IS LOW  
BACK PAIN  
SLOWING YOU  
DOWN?**

**PHYSICAL THERAPY  
OFFERS PROVEN  
TREATMENTS**

## INSIDE:

• HEALTHY RECIPE:  
SIMPLE ROASTED  
ASPARAGUS

• EXERCISE  
ESSENTIALS

• COHASSET ROAD RACE  
BY THE SEA PICS!



## IS LOW BACK PAIN SLOWING YOU DOWN? PHYSICAL THERAPY OFFERS PROVEN TREATMENTS

Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At Elliott Physical Therapy, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80 % of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At Elliott Physical Therapy, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

### Lower Back Pain in the U.S.

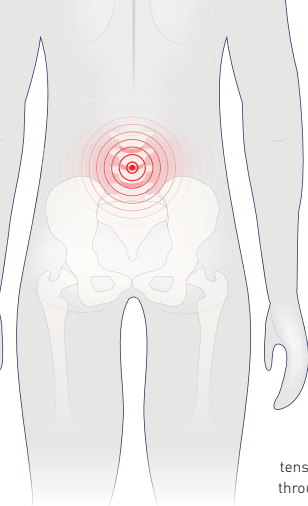
Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite

the lack of evidence, opioids are still being used to alleviate back pain.

The health-care costs for adults with spinal problems have been progressively increasing and were estimated at over \$6000 per person with chronic lower back in 2005, with a total cost of \$102 billion. Unfortunately, many of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain.

A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

# HOW PHYSICAL THERAPY CAN HELP YOUR BACK PAIN



Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms.

Working with a physical therapist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results.

Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga

Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

## What to Expect in Physical Therapy

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam.

The oral history of your back pain helps your therapist identify any “red flags” that would indicate a more serious condition or that warrants a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease).

The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences.

This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

## Contact Us for an Appointment

At Elliott Physical Therapy, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities.

Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources

<https://link.springer.com/article/10.1007/s40122-018-0105-x>  
<https://www.cdc.gov/acute-pain/low-back-pain/index.html#ftn2>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5027174/>  
<https://www.statista.com/topics/4330/back-pain-in-the-us/#dossierkeyfigures>


## EXERCISE ESSENTIALS

Good stretch for your lower back

### 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.

*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

EXERCISES COURTESY OF  
 SimpleSet Pro  
[WWW.SIMPLESET.NET](http://WWW.SIMPLESET.NET)



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**Elliott Physical Therapy**  
**Call us or visit**  
**[www.elliottphysicaltherapy.com](http://www.elliottphysicaltherapy.com)**

**elliott**  
PHYSICAL THERAPY

## OUR TEAM AT THE COHASSET ROAD RACE BY THE SEA

We ran, lent a hand, and provided PT services.



Be sure to follow us on social media to receive tips and updates or to leave a review!

**SOCIALIZE WITH ELLIOTT PHYSICAL THERAPY!**

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Scan the QR Code to connect and stay in the loop with our news & events.

**DON'T DELAY — COME BACK TO PT TODAY**  
**SCHEDULE A TELEHEALTH OR IN-CLINIC CONSULTATION**

## FROM OUR KITCHEN TO YOURS SIMPLE ROASTED ASPARAGUS

- 12–16 ounces fresh asparagus (pencil-thin), woody ends trimmed
- 1–2 tablespoons olive oil
- 2 garlic cloves, finely minced or use a garlic press
- Salt and pepper to taste
- 1 tablespoon lemon zest
- a squeeze of lemon juice
- Optional Garnishes: grated parmesan, toasted slivered almonds or pinenuts, basil, flat-leaf parsley, chili flakes



Preheat oven to 400F. Toss the trimmed asparagus in a bowl with olive oil, garlic, lemon zest, salt & pepper. Lay spears out in a single layer on a parchment-lined sheet pan. Roast until just tender (yet still vibrant green), about 15–25 minutes, depending on size and thickness, tossing halfway through. Once tender, toss with lemon juice. Taste and adjust salt. Garnish with any of the optional garnishes.

<https://www.feastingathome.com/roasted-asparagus/#tasty-recipes-34982-jump-target>

Schedule your telehealth or in-clinic consultation with a physical therapist.

### 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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Call us or visit  
[www.elliottphysicaltherapy.com](http://www.elliottphysicaltherapy.com)