

**HOW
LOWER
BACK PAIN
AND NECK
PAIN ARE
CONNECTED**

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WITH HONEY &
GARLIC SAUCE



HOW LOWER BACK PAIN AND 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 Elliott PT, 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 Elliott PT, 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.

DO YOU HAVE OUR NEW APP YET?

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is available at all times to assist you with your Home Exercise Program. You can now access us via an app on your computer, tablet, and/or smartphone. Through our app, you can request appointments, access videos that help aid in your recovery, and instant message your provider.

Plus, we are continuing to innovate and will soon be adding push notifications!

Once these are active, you will receive pop-up alerts through your phone with reminders, messages, and more. Through the app, you also will earn achievements and awards for staying on top of your exercises and being a great patient!

How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!



Scan the QR code to download!

Connect with your PT today about getting set up on our new app!

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

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

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.

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 begin the healing process.

After your initial evaluation, we will create an individualized treatment plan based on what you have shared with us. At Elliott PT, our Doctors of Physical Therapy listen and work with you to create attainable goals and begin your journey toward healing.

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 Elliott PT and meet with one of our doctorate-level physical therapists, you will never be treated by an aide or an assistant, share your story with a healthcare provider who has the time to listen and learn about your specific needs. Together you will create a plan to get you back to the activities you enjoy!

Source: https://journals.hww.com/md-journal/fulltext/2017/05/19/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/PMC3889545/>; <https://bmcsportsmedsci.biomedcentral.com/articles/10.1186/s12891-020-03871-5>

EXERCISE ESSENTIALS

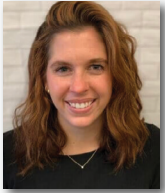


CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



STAFF SPOTLIGHT



Regan Bristol, PT, DPT

Regan Bristol, PT, DPT is a graduate of the University of Massachusetts, Amherst with a Bachelor of Science in Kinesiology. Regan continued her post-graduate studies at Plymouth State University where she earned her Doctorate of Physical Therapy (DPT) degree. While at both universities, Regan

continued to play on the club volleyball teams after winning three state championships in high school.

Regan has experience in both outpatient orthopedic and inpatient rehabilitation and during her experiences, she was able to work with an amputee population and in an aquatic therapy setting. Regan has a strong interest in the outpatient orthopedic setting as it gives her the opportunity to treat specific to the individual with various exercise-based and manual techniques. Regan is also trained in Integrative Dry Needling.

Since starting with Elliott Physical Therapy, Regan has taken an FMT Kinesiology taping course and integrates what she learned into her daily practice. She has also gained experience with complex regional pain syndrome (CRPS) which can develop after an injury, surgery, stroke, or heart attack. Regan has also treated an increased number of neurological-based diagnoses.

We are pleased to announce that Regan is taking on an additional role as our Clinic Coordinator for Clinical Education (CCCE). She is perfect for this position as she understands the importance of the clinical rotation and carries a deep appreciation for the clinical education students themselves. Her own post-graduate studies were completed in a relatively new physical therapy program and even then, Regan stepped up to help, making decisions to develop and improve the program for future students. At Elliott Physical Therapy, her priority will be in helping these students succeed throughout their clinical placements.

Regan grew up on Cape Cod in Barnstable where she loves relaxing by the beach and wakeboarding in the ocean. She spends her winters snowboarding the local Northeast mountains and attending various Boston sports games.

FROM OUR KITCHEN TO YOURS

SALMON WITH HONEY & GARLIC SAUCE

Fatty fish such as salmon are high in omega-3 fatty acids, which have potent anti-inflammatory effects to help decrease joint pain, morning stiffness, and the number of painful joints. Garlic also has anti-inflammatory effects.

- 1 1/4 lb salmon fillets, skin on
- 2 tsp olive oil
- salt and pepper to taste
- 4 cloves garlic, minced
- 1/4 cup water
- 1/4 cup low sodium soy sauce
- 3 tbsp honey
- 2 tsp cornstarch
- 1 tbsp chopped parsley
- lemon wedges for garnish



Heat the olive oil in a large pan over medium-high heat. Season the salmon with salt and pepper to taste. Place the salmon skin side up in the pan. Cook for 4-5 minutes per side or until cooked through. Remove the salmon from the pan, place on a plate and cover loosely with foil. Add the garlic to the pan and cook for 30 seconds. Add the water, soy sauce and honey combination to the pan, and bring to a simmer. In a small bowl, whisk together the cornstarch with 1 tablespoon cold water. Slowly pour the cornstarch mixture into the pan and whisk to combine. Bring to a boil and cook for 1 minute or until sauce has just thickened. Return the salmon to the pan and spoon the sauce over the top. Sprinkle with parsley and serve with lemon wedges if desired.

Recipe/Photo Courtesy: Sara of dinneratthezoo.com/honey-garlic-salmon

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