



JANUARY 2024

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

Happy New Year



INSIDE:

- PT SOLUTIONS FOR BACK PAIN
- HOW TO APPROACH NEW YEAR'S RESOLUTIONS
- HEALTHY RECIPE

www.atriumpt.com



HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Atrium Physical Therapy today to make an appointment.

PHYSICAL THERAPY SOLUTIONS FOR BACK PAIN

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and

are not recommended. Education and the commencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Atrium 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.

UNDERSTANDING THE RISK FACTORS ASSOCIATED WITH BACK PAIN

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves can occur.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can 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.

Continued inside.

MAKE 2024 A YEAR OF BEING PAIN-FREE!

HOW PHYSICAL THERAPY HELPS

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Atrium Physical Therapy, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

CALL OUR CLINIC TODAY

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.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call Atrium Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!



CALL 575.888.2806 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO



Try This Healthy Recipe

Beet and Apple Salad

INGREDIENTS:

- 4 large beets (2 1/2 pounds)
- 5 thyme sprigs
- 1/2 cup extra-virgin olive oil (plus more for drizzling)
- Salt and freshly ground pepper
- 1/4 cup apple-cider vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons prepared horseradish
- 1/3 cup salted pistachios (chopped)
- 1 green apple (thinly sliced)

INSTRUCTIONS:

Preheat the oven to 375°. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets and cut them into 3/4-inch dice. In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish and season with salt and pepper; toss with the beets and apples. Transfer the beets to a platter, top with pistachios and serve.

AT-HOME EXERCISE

DOUBLE KNEE TO CHEST

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



PATIENT SUCCESS

"I had a wonderful time being treated at Atrium Physical Therapy."

"I had a wonderful time being treated at Atrium Physical Therapy. The staff is so welcoming and caring. I have been to many other places, but none could compare to the service received here. Would highly recommend it."
-Flordelis H.

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!



CORE VALUES



HOW TO APPROACH A NEW YEAR'S RESOLUTION

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

- Start with a list of what you want from life and the most important things to you.
- Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
- Write down your goal every day for a month to keep yourself accountable.
- Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
- Break down large goals into smaller ones so that they are more manageable and less intimidating.
- Your resolution should not be too difficult to achieve.
- Resolutions should be specific, making it easier to track your progress.
- Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
- A resolution should have deadlines, so there is a sense of urgency and accountability.

Good luck completing your resolutions this year! Our team at Atrium Physical Therapy is confident in your ability to hit your goals.

2024

HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy to schedule a complimentary 'discovery visit'. We will spend some time with you to determine if physical therapy might be part of your recovery.

575.888.2806