

TIP OF THE MONTH



My Back Hurts!

If this statement describes you, you're far from alone. In fact, 80% of all adults will have back pain at some time in their lives and it also has a high rate of reoccurrence. good news is the majority of back pain subsides after a few days to weeks on its own.

However, there are things that physical therapy can do to make the pain go away faster and even prevent it from returning.

WHY DOES IT HURT?

Back pain is not linked to one specific area or structure. Saying it's a "pulled muscle" is usually not accurate. Lack of proper movement patterns and muscular control of the spine can also lead to pain.

CAN'T WE JUST GET AN MRI OR X-RAY AND FIND OUT WHAT'S WRONG?

There isn't one structure in the spine that is typically responsible for the pain you are experiencing. It is generally the interplay between multiple structures. In 5-15% of people with back pain, there is an anatomical reason that we can see on imaging. For the other 85-95% of people, those tests are not helpful in the diagnosis, treatment, or outcome of lower back pain. This is not to say that these diagnostic tests are not useful, however, particularly to rule out any serious pathology like a tumor or fracture.

WHAT CAN PHYSICAL THERAPY DO TO HELP ME?

Physical therapy can help by using one or more of the following methods of treatment:

- Spinal mobilization and soft tissue mobilization
- Education about your back pain
- Exercise instruction, postural control exercises
- Instruction in proper lifting techniques
- Lumbar stabilization exercises
- Spinal traction
- Electrical muscle stimulation

A physical therapist will develop a personalized treatment plan to increase your low back strength and pain free mobility while preventing the chance of re-injury. If you are suffering from low back pain – get more information about causes, risk factors, and injury prevention by [clicking here](#).



PT&Me Featured Article [Golfer's Elbow \(Medial Epicondylitis\)](#)

Medial epicondylitis is most commonly referred to as "Golfer's Elbow" and is a painful condition where the tendons that attach to the inside of the elbow become inflamed due to repetitive use of. [more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"I have thought it my duty to exhibit things as they are, not as they ought to be."

— Alexander Hamilton

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Shoe Peg Corn Casserole

If you're looking for a new twist on a casserole, this is it. It's easy to make and easy to double – making this a great side dish at your Thanksgiving table. Our friend Connie sent us this wonderful homemade recipe.



Ingredients:

- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped bell pepper
- 1/2 cup sharp cheddar cheese
- 1 cup sour cream
- 1 can of shoe peg corn
- 1 stick of margarine
- 1 can of French style green beans
- 1 can cream of celery soup
- 1 stack of Ritz crackers

Directions:

1. In a large bowl, mix everything except for the crackers and margarine
2. Pour into a greased 9x13 casserole dish
3. Crush crackers and mix with them with melted margarine.
4. Spread cracker mix on top of casserole.
5. Preheat oven to 350° F and bake for 45 minutes.