

TIP OF THE MONTH

**Physical Therapy:  
The Best Choice  
for Patients with  
Low Back Pain**

October is Physical Therapy month, so we are taking the opportunity to shed some light on what diagnosis we treat the most: low back pain (LBP).



Low back pain is by far the most common complaint among patients that we see. Approximately 31 million Americans experience low back pain at any given time.<sup>1</sup> A recent study funded by the U.S. National Institute of Arthritis and Musculoskeletal and Skin Diseases showed that if the option for physical therapy is available, choosing physical therapy first offers a non-invasive treatment that can save both time and money.

**What does a physical therapy program for low back pain include?**

You should expect a comprehensive approach incorporating manual therapy (a hands on treatment approach), therapeutic exercise, and modalities. Most patients will experience an improvement in both the physical condition and symptoms. Patients are also taught movement awareness, knowledge of safe positions, functional strength, and coordination. All of this promotes the management of low back pain.

As Physical therapists, we strive to promote wellness, healthy lifestyles, and we teach ways to prevent injuries and loss of movement. Simply put, we want to get you back to doing the things you love. Each year, 50% of American over the age of 18 develop a musculoskeletal injury that lasts longer than 3 months. We want to you to know, that in case of injury or musculoskeletal pain... we're here to help.

For more information on physical therapy and low back pain, click [here](#)

1. Jensen M, Brant-Zawadzki M, Obuchowski N, et al. Magnetic Resonance Imaging of the Lumbar Spine in People Without Back Pain. *N Engl J Med* 1994; 331: 69-116.

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



***“The secret to staying young is to live honestly, eat slowly, and lie about your age.”***

— Lucille Ball

**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**

**Taco Soup**

As the weather cools, it's the perfect time to bring out the crockpot! Try our twist on tacos. This is a dish that even kids will eat.



**Ingredients:**

- 1 medium size diced onion
- 2 lbs. hamburger
- 2 cans of corn
- 2 cans light red kidney beans
- 2 cans diced tomatoes
- 1 pkg. taco seasoning
- 1 pkg. Fritos
- 1 pkg. shredded cheddar cheese

**Directions:**

1. Brown hamburger and onion
2. Add vegetables with liquid and seasoning to crock pot
3. Add browned hamburger and onion to veggies in crock pot
4. Cook all day on low
5. Serve with Fritos and cheese

