

TIP OF THE MONTH



**Physical Therapy is More Effective than Pain Killers for Chronic Back Pain.**

Low back pain is one of the most frequent reasons people visit the doctor — it's estimated that 31 million Americans experience low back pain at

any given time. There is evidence to show that acetaminophen is not effective at improving pain outcomes versus a placebo. Low-quality evidence also showed that systemic steroids were not effective in treating acute or subacute low back pain<sup>1</sup> (ACP Newsroom). In addition, a new guideline published in February 2017 from the American College of Physicians (ACP) suggests doctors recommend exercise and treatments like heat wraps, yoga, and mindfulness meditation to their patients before turning to medications like opioids or even over-the-counter painkillers.

**It is the long term benefits of physical therapy interventions that benefits patients.**

- Back muscle recovery requires specific, localized retraining. 2
- Physical Therapy + meds 30% recurrence versus 84% meds only (1 year follow-up). 3
- Physical Therapy + meds 35% recurrence versus 75% meds only (2-3 year follow-up). 3
- Less likely to have further healthcare costs. 3

**As physical therapists, our goals are to improve:**

- Mobility
- Knowledge of safe positions
- Movement awareness
- Functional strength
- Coordination

If you are suffering from chronic low back pain, come see us at any of our locations listed below. We are skilled in both orthopedic and manual therapies, and are poised to be the first and last line of defense for those suffering from chronic low back pain. For more information about spinal conditions that physical therapists treat, [click here](#)

**References:**

1. <https://www.acponline.org/acp-newsroom/american-college-of-physicians-issues-guideline-for-treatingnonradicular-low-back-pain>
2. Spine (Phila Pa 1976). 1996 Dec 1;21(23):2763-9. Hides JA, Richardson CA, Jull GA.
3. Spine (Phila Pa 1976). 2001 Jun 1;26(11):E243-8. Hides JA, Jull GA, Richardson CA.



**PT&Me Featured Article:**  
 Are you Overtraining?

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



***“Even if you’re on the right track, you’ll get run over if you just sit there.”***

— Will Rogers

**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**

**Chicken Soup**

Sometimes you just want something that's homemade and delicious. This recipe may take a while, but it's the perfect ending to a laid back day.



**Ingredients:**

- 1 whole chicken (insides removed)
- 3 celery ribs sliced
- 3 large carrots sliced
- 1 medium onion chopped
- 2 cloves garlic (smashed)
- 1 bay leaf
- 1 can of chicken broth
- 1 chicken bouillon square (2 tsp)
- 2 Tablespoons of parsley
- Salt & Pepper to taste

**Directions:**

1. Put all of the ingredients into a large pot and add enough water to cover the chicken
2. Bring to a boil, cover and then simmer for 2 hours, stirring every 30 minutes
3. Carefully remove the chicken from the pot and place on a cutting board to cool
4. Remove the skin and peel the meat off of the bones
5. Put the chicken meat back into the pot, bring to a simmer and serve hot