



TIP OF THE MONTH

Get Rid of Back Pain Over the Holidays

No one wakes up wanting to be in pain over the holidays. To help, we're here to help you recover from injury and pain in one of our favorite areas – the back! Why the back? Well, for many reasons. We see an uptick in back pain patients this time of year. Mostly because of injuries from activities like raking, [unintentional ladder acrobatics](#), lifting heavy objects incorrectly, and our personal favorite... ruthlessly taking down family members in a game of football after eating your weight in turkey. If that's you – you're not alone. 80% of all adults will have back pain at some point in their lives WITH a high rate of occurrence. Luckily, the solution is simple!

CAN'T I JUST GET AN MRI AND SOME PAIN MEDS?

What? No! This is a physical therapy newsletter... Here's a fun fact. [Almost no one over 40 will have a "normal" MRI Report.](#) On top of that, over 87% of people without back pain will have disc bulges. MRI tests are also costly and time-consuming. There isn't one structure in the spine typically responsible for back pain. It's the interplay between multiple structures that yours truly, (the friendly neighborhood physical therapist) specializes in.

In most cases, back pain is a result of improper movement patterns and muscular control of the spine. Are you hunched in a chair or looking down at your phone while you read this? Woah, good thing we're here spending this time together.

Pain Medications can help you in the short term, but they aren't fixing anything. They're masking your symptoms and not helping you get any better. You deserve better than that. Someone who's going to sit with you and listen to what's going on, what you've tried, and what your goals are. We're practically a personal motivational team.

PHYSICAL THERAPY IS JUST THE BEST

It is, but not just because we can [fix your back pain](#) for you with stretches, manipulations, and proper lifting techniques. We provide comprehensive plans and education throughout the entire process so that when next year comes around, you're still feeling great and pain-free. We will work with you to help prepare for all the activities you want to do this year; whether that be playing with the grandkids, going skiing, or decorating your Griswold-sized Christmas tree. Whatever it is, we'll help you get there. Reach out for more information about our spinal rehabilitation programs.

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



"It seemed like a good idea at the time"

— People

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

Caramel Apples

This is an easy and delicious recipe that celebrates all the flavors of fall. You can find the [Original Recipe Here.](#)



INGREDIENTS:

- 2.5 cups of rolled oats
- 1.5 cups of milk
- 1 15oz can of pumpkin puree
- 2 large eggs
- ¼ cup of syrup of choice
- 2T vegetable oil
- 2 tsp pumpkin pie spice
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp vanilla extract
- ¼ tsp of salt
- ½ cup chopped nuts

DIRECTIONS:

1. Preheat the oven to 375°
2. Mix all ingredients (excluding the nuts) and spread evenly in a 7x11 greased baking dish
3. Sprinkle the nuts on top and bake for 35-40 minutes or until golden on top



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