



TIP OF THE MONTH

Why Won't My Back Pain Go Away?

**Why Won't My Back Pain Go Away** is one of the most common questions we hear from patients when they come in for an appointment. Unsurprisingly, it's also one of the most common conditions for patients seeking help from our physical therapists. When suffering from back pain, it's best to start the recovery process as soon as possible rather than hoping the pain will subside, as this could develop into chronic back pain. Not sure if you would benefit from a physical therapy exam?

[Take a quick quiz](#) or ask your PT for advice.

How to tell if you have chronic back pain:

Back pain tends to become chronic if the pain is persistent for [three months or longer](#). In most cases, chronic back pain is related to age, but can also result from a new or previous injury, whether from sports, the workplace, etc. Back pain can also worsen if not treated properly or treated at all.

Research suggests that between 60-75% of the population who experience back pain once will experience recurring or chronic problems. That is because most patients will not consult their healthcare providers for first-time problems, resulting in the patient continuing to experience chronic back problems.

Contacting your physical therapist on the first onset of back pain is beneficial in finding answers to why you are experiencing your back pain and helps [determine the next steps in your recovery](#) process. Depending upon the nature of your back pain, these [5 low back stretches](#) may help you find relief in the days leading up to your first appointment

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



*“The secret of getting ahead is getting started.”*

– Sally Berger

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

Healthy Pumpkin Banana Bread



Looking for a make-ahead breakfast option for Thanksgiving? This recipe is delicious, full of fall flavors, and best of all, it's gluten-free!

INGREDIENTS

- 3 ripened bananas (mashed)
- 1 cup canned pumpkin puree
- 1 egg
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 2 tsp vanilla extract
- 1 3/4 cup oat flour
- 1/4 cup coconut sugar or reg. sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp pumpkin pie spice
- 1/4 tsp salt

DIRECTIONS:

1. Preheat oven to 350° and either spray or line your loaf pan
2. In a bowl mix all wet ingredients until smooth
3. Slowly mix in the rest of the ingredients until combined. (Don't overmix)
4. Bake for 45 – 60 minutes until done and let cool.



RAKING INJURY PREVENTION TIPS



Featured Article:

[Raking Injury Prevention Tips](#)

It's Fall! Time for hot chocolate, bonfires, and watching the leaves turn. It's the best time of year but autumn does come with some challenges. One of the biggest challenges is yard work because all the leaves are falling down! Here are some of our [Raking Injury Tips](#).