



Physical Therapy

NEWSLETTER



GETTING TO THE BOTTOM OF BACK PAIN

YOUR PAIN MAY BE CAUSED BY ANOTHER ISSUE

Is Your Neck To Blame?

Try this simple test at home to see if your neck is causing pain

Exercise Essentials

Try this exercise to relieve neck pain

Start 2021 Off Right!

Tips for how to approach your new year's resolution

GETTING TO THE BOTTOM OF

BACK PAIN



YOUR PAIN MAY BE CAUSED BY ANOTHER ISSUE

Your spine is a complex part of your body – it requires proper posture, flexibility, coordination, and strength, in order to do its job correctly. When one of these elements is altered, your spine can emit painful responses that can settle in other nearby parts of the body.

According to the National Institute of Health, approximately 80% of adults will experience lower back pain at some point in their lives. Back pain is actually the most commonly reported location of pain across the globe. But how often is the source actually another part of your body?

Pain is usually connected:

Your spine is a lengthy structure, and pain can travel along it. Let's say you are prone to neck pain – perhaps you have a slouched posture from sitting at a desk all day and the pressure radiates in your shoulders. Or, maybe you've had a previous injury, such as whiplash, that still elicits painful stings every now and then. Now, let's say you begin feeling pain in your lower back in addition to your neck pain. Why does this happen?

Basically, the pains are connected to each other. Your head weighs about 10-12 pounds, which is roughly the weight of a bowling ball. When you slouch, or compensate for pain by realigning your body, your back muscles have to work extra hard to keep you from toppling forward. Have you ever been so tired that your head begins to bob and it jolts you awake? That's because your head is heavy! The weight

from the motion wakes you back up because your body isn't used to carrying it in that way.

This is also why pain in your lower back may occur as a result. Your back muscles are working in overdrive and may be constricting to try and hold you up. If you notice neck and back pain at the same time as one another, try sitting up straighter – it should help ease some of the stress!

Is your neck the culprit?

The most common combination of pain is in the neck and the back. If you are experiencing both, it is most likely stemming from the neck. We don't typically think about it, but we use our necks for a lot of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder when backing out of a driveway, use a lot of neck muscles. When you do simple tasks such as these, do you find yourself turning your entire body, as opposed to just your head? If so, you could experience back pain along with your neck pain.



Suffering from arthritis pain? Call 253.867.5759 to schedule a consultation with your physical therapist at Physioworks today!

AT-HOME TEST FOR PAIN:

When you have limited motion in your neck, your body compensates by twisting more than it usually would, thus over-rotating your lower back. This could cause a source of pain or general discomfort in the area, due to abnormal overuse. If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help. Call us today to talk to an expert about how we can relieve your aches and pains!

How can I tell if my neck is causing my back pain?

It can sometimes be difficult to determine if your back pain is rooted in your neck. This simple, at-home test can assist you in figuring it out:

1. Stand straight in front of another person. They will be your eyes regarding the movements you make.
2. Once they are watching you, turn your head as far as you comfortably can to the left. Repeat the same motion to the right. Have them take note of how far you are able to go.
3. Now, sit down in front of the same person. Repeat the same turning motions from a chair or couch. Again, have them take note of how far you are able to comfortably turn your head.
4. Ask if there were any differences in the turning movement. Did one side seem to turn further than the other? Was there a difference in standing vs. sitting?

This test is helpful in finding out if your neck is causing (or is at risk of causing) pain in your lower back. If your movement is limited, especially sitting down, it means that the muscles in your back or upper back are tight. These constricted motions can cause pain in the lower back.

How can physical therapy help me?

Physical therapy is the leading recommendation for back pain. Physical therapists are trained to evaluate muscle and joint movement, and they can easily assist you in finding the root of your problem. They will thoroughly evaluate you to figure out why you are experiencing pain, determining the source and treating all affected areas. After your initial consultation, they will create a specialized treatment plan for you, based on their diagnosis of your specific needs. A physical therapist's end goal is the same as yours – to get you feeling better, healthier, and more comfortable! If you are experiencing lower back pain and think it may be caused by an issue occurring in your neck, give us a call today. We'll get you moving comfortably again in no time.

Source: <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

GET BACK TO LIVING YOUR LIFE PAIN-FREE!

Call us at **253.867.5759** to book your appointment today!



EXERCISE ESSENTIALS

This Exercise Helps To Relieve Neck Pain!



CHIN TUCK | SUPINE

While lying down on your back with a small rolled-up towel in the small curve of your neck, slowly draw your chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel. Hold for 10 seconds and repeat 3 times.



YOUR HEALTH IN MIND!

We are excited to announce that we are offering telemedicine to all our clients due to the COVID-19 pandemic.

In the clinic, we are taking all the necessary precautions so that we may keep working to care for our clients. We want to encourage those who do not think that they need hands-on care to stay at home and receive their treatment through the telemedicine option. If you do wish to continue with physical therapy in person, treatment is still available for you! We look forward to continuing to care for you on either platform.

Our doors are **currently open** for full rehabilitation services, in addition to our telemedicine option. For more information, feel free to call us at **253.867.5759**. Everyone stay safe and stay healthy.

*We are now accepting
Blue Cross Blue Shield insurance!*

SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!

HOW TO APPROACH A NEW YEAR RESOLUTION

- 1. Consider Your Intentions.** The most common resolutions are to lose weight, spend less money, and get organized. Those are all valuable and healthy practices. But why are they your intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.
- 2. Focus on Process, Not Results.** Don't focus on a result, with no identification of a process for how to get there. Intensely focusing on results paradoxically makes us less likely to achieve them. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch — you will probably end up losing some weight in the process. And you'll probably enjoy the journey a lot more. The focus of our resolution should be the process — the infinite present moments in which transformation will occur — rather than the single instance of its attainment.
- 3. Consider Resolution Alternatives.** If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:

Make a Vision Board: A vision board compiles images that represent what you want for yourself in the upcoming year. It's a great way to have a visual reminder of your intentions.

Choose a Word of the Year: Many people have embraced the trend of choosing a word for the year — like breathe, trust, dance, fly — that encapsulates the feelings, attitudes, and behaviors they desire in the year ahead. This word can guide your choices and actions — instead of setting firm expectations for yourself, you can ask if a particular behavior aligns with your word and your intentions.

Ultimately, New Year's Resolutions are about growth and improvement. They are about bringing health and joy and ease into our lives. With mindfulness, we can bring awareness to our habits and hold ourselves with compassion and kindness as we seek meaningful transformation.



HEALTHY RECIPE TURKEY MEATBALLS

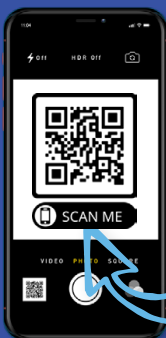
Ingredients

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

Directions

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

DO YOU HAVE A SUCCESS STORY WITH US?



We Make It Easy To Leave A Review!

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!

PhysioWorks

PATIENT SUCCESS SPOTLIGHT



"I was very skeptical at first about getting physical therapy, after getting injured at work. The doctors had told me to try physical therapy first, and if it didn't help me, surgery was my next option. Two months later of twice a week sessions my pain just went away. Very awesome staff, very knowledgeable of the best treatment for your condition. Now back to normal, if anything happens at work again, or my coworkers get hurt, I would recommend treatment at PhysioWorks." — **Juan M.**

CALL 253.867.5759 TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY