



# PhysioWorks

N E W S L E T T E R



**GOODBYE BACK PAIN!**  
**CHOOSE PHYSICAL THERAPY**

*Physical Therapy*  
*Occupational Therapy*

*Work Conditioning*  
*Work Hardening*  
*On-Site Worker Treatments*

*Hand Therapy*  
*FCE*



## GOODBYE BACK PAIN! CHOOSE PHYSICAL THERAPY

Are you experiencing pain in your lower back? Are these symptoms making it difficult for you to go about your regular work duties? Our physical therapists at PhysioWorks can help you find relief and get back to work!

Back pain can be one of the most debilitating conditions, affecting up to 80 % of the population at some time in their life. According to the Bureau of Labor Statistics, "more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses."

For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction. The good news is that going to physical therapy sooner will help you get better faster than those who wait to start treatment.

Contact PhysioWorks today to get started today!

### WHAT ARE THE MOST COMMON CAUSES OF BACK PAIN?

Back pain is an all-encompassing term used to describe many conditions that cause pain in the upper or lower back. Work-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

The most common cause of back pain is from sustaining an injury. This type of back pain typically happens in one of three ways -

1. From a sudden trauma (i.e., car accident or lifting incident)
2. From a repetitive-use injury (i.e., bending or twisting)
3. From prolonged postures or awkward positions (i.e., driving or sitting slouched at a desk)

Most cases of back pain are mechanical—meaning they are not serious conditions, such as infection, fracture, or cancer. Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue.

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. However, there is little to no evidence of the benefits of rest and medication. The key is learning what to do and doing it!

*(Continued inside)*

# HOW PHYSICAL THERAPY HELPS YOUR BACK PAIN

Your physical therapist will also work with you to implement an individualized treatment plan based on your specific needs. The main stages of your program will focus on pain relief. This plan may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your physical therapist may deem fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This progression will help increase your overall strength and range of motion.

We are skilled at providing the most comprehensive and appropriate interventions to help you get you back to daily activities, back to work, and back to doing what you love doing! Our therapists will provide you with specific guidelines and stick with you through the ups and downs of back pain.

## WHAT TO EXPECT IN PHYSICAL THERAPY:

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. A combination of the following techniques are typically used to get you back on the job:

### Education

Understanding the source of your pain and managing it can help you be proactive and find a solution.

### Therapeutic interventions

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Manual therapy techniques for pain relief and improved mobility
- Electrical stimulation for pain relief

### Postural Education

Posture is important, whether you're working, exercising, or simply relaxing. Most people slouch and then hold that position for extended periods. By finding a good posture, you can counteract the slouch. Imagine your spine is lifting you upwards when you're sitting or standing. Keep your hips, spine, shoulders, and neck aligned.

Our spine is designed to move, which means our posture should also move. Try to alternate your positions and walk around if possible. Have one foot forward when standing, alternating between feet every 10 minutes.

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## EXERCISE ESSENTIALS

*Helps Relieve Back Pain*

### SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide. Hold for 7 seconds. Repeat as necessary.



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## REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at PhysioWorks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

**253.867.5759**

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

# STAFF SPOTLIGHT

## Ashley Basinger

*Physical Therapy Assistant*



Ashley is native Seattleite and earned her PTA degree from Green River College. She decided to become a Physical Therapy Assistant after volunteering with a Physical Therapist in the Hippo-Therapy Program. Not only does she have a passion for helping people, Ashley is a lifelong equestrian. When she observed horses being used to help people with disabilities, she was inevitably drawn to the Physical Therapy profession. As time went on, she has accumulated rehab experience at skilled nursing facilities and outpatient clinics. Ashley has played an integral role which includes patient home exercise program development and scheduling management. Outside of work, Ashley can typically be found horseback riding and giving PhysioWork's staff local restaurant and wine recommendations. However, we suspect that much of her time is probably taken up planning her wedding scheduled for this summer.

### Lifting Mechanics

It is a common mistake to lift with your back rather than your legs. Make sure you don't bend over at the waist to lift heavy objects. Instead, bend your knees and squat, pulling in your stomach muscles and holding the thing close to your body as you stand up.

We can help you increase your strength, adopt safer body mechanics, manage injury-related pain, and accomplish weekly goals to embrace that "back to work" mindset as quickly as possible. Our team is ready to help!

### CONTACT US FOR AN APPOINTMENT

No matter how severe your back pain may be, we can help you find relief so you can get back to doing the activities you love and living your life comfortably! Call us today to schedule an appointment.

1. <https://essr.umd.edu/back-injuries-fact-sheet#:~:text=According%20to%20the%20Bureau%20of%20workplace%20injuries%20or%20illnesses.>
2. <https://www.safetyandhealthmagazine.com/articles/20486-early-physical-therapy-may-lead-to-better-outcomes-for-workers-with-low-back-injuries-study>
3. <https://ocademic.oup.com/ocmed/article/57/1/36/1554827>
4. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0253268>
5. <https://www.apta.org/news/2020/09/21/workers-comp-lbp-report>



*Suffering from back pain? Call to schedule a consultation with your physical therapist at PhysioWorks today!*



## 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!



## COME BACK TO PHYSICAL THERAPY!

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

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