



**FREE SCREEN FOR
YOU OR A FRIEND!**

Details Inside!

WHY YOU DON'T WANT TO IGNORE YOUR BACK PAIN

The back is one of the most vulnerable parts of the body. You rely on it so heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk.

(Read more inside...)

[optimumphysiotherapies.com](https://www.optimumphysiotherapies.com)

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OPTIMUMPHYSIO
THERAPIES

NEWSLETTER

WHY YOU DON'T WANT TO IGNORE YOUR BACK PAIN.

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It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident. It is at risk when you are safely at home on your couch or at the office, where you are likely scrunched over and not caring one bit about your posture. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone isn't sitting right is something that not many people are going to deal with for too long before seeking medical attention. Yet when pain begins in the back, it is almost normal to ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

UNDERSTANDING YOUR BACK PAIN

Back pain may be common, but it is absolutely not normal. There are actually a lot of serious conditions that can cause your back to begin to hurt, and it is smart to have your back looked at by a physician early on so that you know exactly what is going on with your body from the get-go.

Once the cause of your back pain is determined, your physical therapist will be able to identify the best treatment options for your body's needs. **This will likely include the following:**

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises are designed to help build strength and support the surrounding muscles.
- Guided stretching designed to improve range of motion and flexibility. This will take into account the health and vivacity of vertebrae and any potential stretches that may support optimal back health.
- Support and guidance with an exercise routine and habit formation, especially with cardiovascular activity that can stimulate improved blood circulation to the affected areas of the back, as well as strength-building activities.

Attempting to undertake any of these changes on your own after you've experienced a back injury is both dangerous and not recommended. Working with a licensed and experienced physical therapist can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you attempt to heal the cause of your back pain.

[Read More Inside!](#)

Get Moving Today with Optimum Physio Therapies!

optimumphysiotherapies.com

GETTING TO THE BOTTOM OF BACK PAIN

There are a lot of different reasons as to why you may be experiencing back pain, and ignoring any of them is not a good idea.

Some of the most common issues that cause back pain to linger include:

- Muscle sprain or strain
- Slipped vertebrae or disk
- Tear or hyperextension to the supporting muscles or tendons
- Arthritis

These concerns can develop as a result of a myriad of environmental issues, such as having poor posture, prolonged sedentary activity, car crash, sporting accident, stress, heavy lifting, and so on.

WHEN IT COMES TO BACK PAIN, DON'T WAIT!

When you experience an injury to your back, or realize that you are experiencing regular pain as a result of an



ongoing injury or overuse, it is important to find out the cause of your back pain as quickly as possible. Back pain can quickly become chronic, as a potentially small issue can become complicated when it is not addressed early on.

Working with an Optimum Physio Therapies physical therapist can help you to identify the difference between environmental causes and something more medically based.

To get started with putting an end to your back pain, contact us today.

FACEBOOK



INSTAGRAM



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FOLLOW US ON SOCIAL MEDIA AND LEAVE US A REVIEW ON GOOGLE OR FACEBOOK TO RECEIVE A FREE GIFT!



EXERCISE ESSENTIALS

SUPPORTED BRIDGE

Lie on your back with knees bent and feet hip distance apart. Place your feet close enough so they can be touched by your finger tips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.



MONTHLY COUPON

ATTENTION PAST PATIENTS:

COME IN FOR FREE SCREEN
OR SHARE THIS COUPON
WITH FRIEND!

FREE SCREEN!

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OPTIMUMPHYSIO
THERAPIES

**WE PUT OUR
CLINIC ON ITS
OWN TREATMENT
PLAN! COME
SEE THE
RENOVATIONS
UNDERWAY!**

**WORK IN
PROGRESS**

**IS IT YOUR
BIRTHDAY
MONTH?**

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

**THE OPTIMUM
PHYSIO FAMILY
IS GROWING!**

Do you know someone who would be a good addition to our staff?
SEND THEM OUR WAY!

HEAR ALFRED'S STORY!

"Everything that was done to me was great, the people were great! Each time I came to PT I enjoyed the work out and felt very good when I left. Everything is better when you have good people on your side and this place has the best!!!" - Alfred R.

SONIA'S CORNER

CHAMPION CHILI



INGREDIENTS:

- ½ lb. ground organic turkey or 1 can of chickpeas
- 2 cans diced tomatoes or 6-7 freshly chopped tomatoes
- 1 can kidney beans
- 1 green pepper, chopped
- 1 red pepper, chopped

- 1 sweet onion, chopped
 - 4 cloves garlic, chopped
 - Sea salt, to taste
 - Chili powder, to taste
 - 1 cup shredded rice cheddar cheese (optional)
- Sour cream (optional)



Courtesy
of Sonia

INSTRUCTIONS:

Put tomatoes and beans in large pot and place on low heat. Brown meat in separate pan and add tomato pot. In another pan, sauté peppers, onions and garlic grapeseed oil. Once tender, add to tomato pot. Add sea salt and chili powder to taste. Sprinkle cheese or sour cream and serve

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CONGRATULATIONS
TO THE CLASS OF

2021