



**LEAVE YOUR BACK  
PAIN BEHIND AND  
START ENJOYING  
LIFE AGAIN**

**WITH PHYSICAL THERAPY!**

**INSIDE**

PATIENT SUCCESS STORY

YOGA FOR KIDS

SONIA'S CORNER

*Optimum Physiotherapies.com*

RESOLVE YOUR BACK PAINS &  
PREVENT FUTURE INJURIES  
FROM HAPPENING WITH  
PHYSICAL THERAPY!



# IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

PHYSICAL THERAPY CAN HELP YOU RESOLVE YOUR BACK PAIN!

## INSIDE:

- *Yoga for Kids*
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Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Optimum Physio Therapies today to make an appointment.

## PHYSICAL THERAPY SOLUTIONS FOR BACK PAIN

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Optimum Physio Therapies offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

*(Continued on the next page.)*

Is back pain interfering with your life, we can help! Contact Optimum Physio Therapies today!

**Get Moving Today with Optimum Physio Therapies!**

**Optimum Physiotherapies.com**

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## UNDERSTANDING THE RISK FACTORS ASSOCIATED WITH BACK PAIN

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

## HOW PHYSICAL THERAPY HELPS

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Optimum Physio Therapies, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

**Call our Optimum Physio Therapies for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!**

### Follow Us On Social Media And Stay Informed On The Happenings At Optimum Physio Therapies.

Things like Dr. Mark DeAnda's Top 6 Movement Breaks to Work Pain Free on our YouTube Channel.



Scan this QR Code to check out Social Media sites. Be sure to click on our YouTube link to watch Dr. DeAnda's video!

## PATIENT SUCCESS STORY!



"Super open and great environment!! Dr Matt was very knowledgeable and very nice. Everybody is awesome and so helpful!! I came here twice, for a broken wrist and a bad back and both times my pain went away quickly. I was told I may not be able to play piano again after my wrist injury, but after a few months I am back playing, and no more steroid injections!!! Best physical therapy place I've ever been to." — Gia

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# YOGA FOR KIDS

## A Creative Way to Keep Children Active This Summer

**Did You Know...** that Yoga has been shown to improve both physical and mental health in children? Yoga improves balance, strength, endurance, posture, and aerobic capacity. Research suggests that yoga can also improve focus, memory, self-esteem, academic performance, classroom behavior, and can even reduce anxiety and stress. Yoga can also help children with ADHD by improving the core symptoms, including inattentiveness, hyperactivity, and impulsivity. It can also boost school performance.

Try these simple and fun yoga poses with your children:



### Boat Pose

Balance on your buttocks with your legs up. Then rock in the water like a boat.



### Cat Pose

On all fours, round your back and tuck your chin into your chest.



### Bow Pose

Lie on your stomach, bend your knees, and lift your chest.



### Warrior Pose 2

Standing, step one foot back and face it slightly outwards. Lift arms parallel to the ground, bend your front

# EXERCISE ESSENTIALS

## BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and repeat with the opposite arm and leg.



## 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!

# SONIA'S CORNER

## CREAMY CUCUMBER, RADISH & TOMATO CHOPPED SALAD

### INGREDIENTS:

- ½ cup mayonnaise
- ½ cup crumbled feta cheese
- 1 tablespoon chopped fresh chives, plus more for garnish
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large English cucumber, diced
- 1 pint cherry tomatoes, quartered
- 1 bunch radishes, diced
- ½ medium red onion, finely diced



Courtesy of Sonia



**INSTRUCTIONS:** Whisk mayonnaise, feta, chives, dill, lemon juice, salt and pepper in a large bowl. Add cucumber, tomatoes, radishes and onion and toss to coat. Garnish with more chives and dill, if desired.



WE'RE HIRING

## THE OPTIMUM PHYSIO FAMILY IS GROWING!

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