



NEWSLETTER

SE HABLA ESPAÑOL

A photograph of three women in purple t-shirts celebrating. One woman is being lifted by the other two. They are all smiling and laughing, with their arms raised. The background is a bright, sunny outdoor setting.

**ARE YOU MISSING OUT
ON THE IMPORTANT
THINGS IN LIFE BECAUSE
OF BACK PAIN?**

Find relief with Physical Therapy!

INSIDE

- 6 ESSENTIAL RUNNING TIPS FOR BACK PAIN SUFFERERS
- PATIENT SUCCESS STORY
- SONIA'S CORNER

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

SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER AND MORE ACTIVE!



ARE YOU MISSING OUT ON THE IMPORTANT THINGS IN LIFE BECAUSE OF BACK PAIN? FIND RELIEF WITH PHYSICAL THERAPY!

INSIDE:

- 6 Essential Running Tips For Back Pain Sufferers
- Patient Success Story
- Sonia's Corner
- Optimum Physio Therapies FREE Workshops

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many 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. Yet when pain begins in the back, people often wait to see what happens instead of

finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

UNDERSTANDING BACK PAIN

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)

Continued inside.

CALL 210-985-9498 TODAY!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

ARE YOU MISSING OUT ON THE IMPORTANT THINGS IN LIFE BECAUSE OF BACK PAIN?

Continued from the previous page.

- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute 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. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR YOUR BACK PAIN

Your physical therapist will identify why you are having pain and the best treatment options your body 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 help build strength and support the surrounding muscles.

Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.

Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.



Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

CONTACT OUR CLINIC FOR AN APPOINTMENT TODAY!

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

Call today to make an appointment!

WORKSHOPS

Optimum Physio Therapies offers **FREE** workshops to help keep you informed and feeling better. Check out our **Workshops page** at optimumphysiotherapies.com/workshop/ or just scan the QR code for more information on upcoming workshops.



opt
OPTIMUMPHYSIO
THERAPIES

210-985-9498

6 ESSENTIAL RUNNING TIPS FOR BACK PAIN SUFFERERS

Running puts a high level of repetitive stress on the back, and for those with lower back problems it is particularly important to take measures to reduce the strain on the lower back. In general, the following 6 tips are advisable for runners, especially for those who are susceptible to low back pain or leg pain/sciatica:

1. **Do a thorough warm-up** prior to beginning a run
2. **Stretch the hamstrings** (the large muscles in the back of the thigh) twice daily to minimize stress across the low back
3. **Muscle strengthening or strength training** are also important, particularly with the core muscles of the back
4. **Cross training** so as not to get into an overuse syndrome
5. **Wear comfortable, supportive shoes**
6. **Try to run on a forgiving surface** if possible, such as a rubber track, and try to avoid running on cement



It is important that back pain patients take note of any back symptoms that perhaps are being exacerbated by a particular activity. If running consistently brings on back pain or leg pain symptoms, an evaluation with a physical therapist specializing in back pain and running analysis can be useful to determine the source of that pain. If the pain does not respond to these measures, there may be a more structural problem that requires physical therapy treatment.

Call Optimum Physio Therapies today and get back to the activities you enjoy.

PATIENT SUCCESS STORY!



“The home workout was great and I am still working to do it daily because I can feel the difference.”

“Optimum Physio is a fantastic place to receive physical therapy and I would highly recommend to anyone who needs it! All members of the team were professional and intentional. They knew my name by the second visit, worked together really well, and I learned a ton about how to fix my current issue and improve for the future. The home workout was great and I am still working to do it daily because I can feel the difference. Great place to go!” — Sennin K.

We want to hear your PT success story!

Scan the QR code to visit our review page and share your story.



You could be someone's inspiration to get the help they need.

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

SKINNY STIR FRY

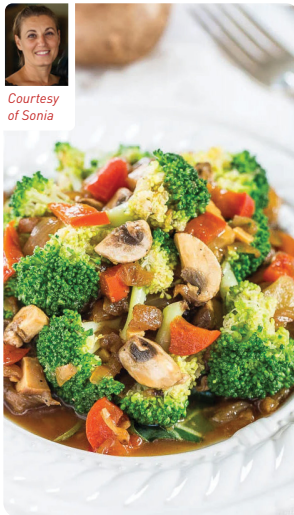
INGREDIENTS

- 1 chicken breast, cut into bite sized pieces
— or serve over quinoa instead (vegan)
- 2 cups of broccoli, chopped
- 1 cup mushrooms, chopped
- 1 Tbsp, low-sodium soy sauce
- 4 green onions, chopped
- Handful of bean sprouts

DIRECTIONS: Coat small pan with peanut oil and cook chicken until no longer pink inside. Steam broccoli in separate pan until tender. In another pan, sauté mushrooms in peanut oil until browned. Combine chicken, mushrooms and broccoli in bowl. Top with onions, sprouts and low-sodium soy sauce.



Courtesy of Sonia



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!**

210-985-9498

OptimumPhysiotherapies.com