



**PT SOLUTIONS TO YOUR
BACK OR NECK PAIN!**

HOW STRENGTHENING HELPS BACK AND NECK PAIN

INSIDE

- **FREE NECK PAIN WORKSHOP**
- **PATIENT SUCCESS STORY**
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OptimumPhysiotherapies.com

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

210-985-9498



NEWSLETTER

HOW STRENGTHENING HELPS BACK AND NECK PAIN



INSIDE:

- *Sonia's Corner*
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PLUS: Healthier Fall Cookouts



Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Optimum Physio Therapies, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call Optimum Physio Therapies today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

HOW MUSCLES AFFECT NECK PAIN

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain can develop due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the

muscles and affects our ability to move our head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

HOW MUSCLES AFFECT BACK PAIN

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core... it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles
- The lower back muscles
- The muscles of the hips and pelvis
- Your buttock muscles

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

Continued inside.

CALL 210-985-9498 TODAY!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

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In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

HOW PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR BACK AND NECK MUSCLES

Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

You deserve to feel your best. Call Optimum Physio Therapies today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

FREE

WORKSHOP

Attention Neck Pain Sufferers, Free Event For You

NECK PAIN WORKSHOP

Thursday, September 28 at 7pm

New Knee Pain Workshop Helps Local People Get Back to Normal Naturally, Without Unnecessary Pain Pills, Injections, or Surgeries



Dr. Matt Tercero
PT, DPT, IADN Cert, IAMTC

Scan the QR code to register or for more information.



Because of space limitations, this event is limited to the first 20 people who sign up.

Or call: **210-985-9498**



OPTIMUMPHYSIO
THERAPIES



HEALTHIER FALL COOKOUTS

HEALTHY GRILLING FOR ARTHRITIS SUFFERERS

MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try ...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.



EXERCISE ESSENTIALS

BRIDGES

Begin on your back. Bend your knees and keep your back flat on the ground. Gently, contract your abdominals and hold to keep your back flat as you move up into the bridge position. Remember to breathe. Gently, squeeze your butt muscles and lift your hips off the ground. The goal is to have your hips aligned with your knees and shoulders. Hold for 5 seconds and repeat 10 times.



Try this exercise to help strengthen your core.

SONIA'S CORNER

POWER PASTA SAUCE

INGREDIENTS

- 16 oz pasta (whole wheat, durum, brown rice, quinoa or gluten free pasta noodles)
- 4 16oz. cans of diced tomatoes or 12-14 whole tomatoes, steamed peeled and crushed.
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 medium sweet onion, chopped
- 10-12 cloves garlic, diced
- 1 pinch each of basil, oregano and sea salt
- 16. oz organic ground turkey (optional - not vegan)
- extra virgin olive oil
- grapeseed oil

DIRECTIONS: Pour diced tomatoes in large pot and heat over low-medium flame. Add basil, oregano and sea salt before covering to simmer. Saute garlic, onion and peppers in grapeseed oil over low-medium heat. In another pan at low-medium heat, begin to brown the turkey in grapeseed oil. In another large pot, bring 6-8 cups water to boil. Once vegetables have softened to your taste, add sauce when turkey has thoroughly cooked, add sauce, cover and simmer another 10 minutes before removing from heat. Add pasta noodles to boiling water and cook for 8-12 minutes. Stir in Tbsp. extra virgin olive oil. When noodles are done, add separately to plates and cover with sauce.

This sauce can be made several ways and can be mixed with everything or nothing. It makes a great dip for bread, serve it over pasta or chicken, or mix with rice or quinoa for a hearty meal.



Courtesy of Sonia



PATIENT SUCCESS STORY!



“What sets them apart from other PT clinics is a passion for what they do and cultivating trust with their patients.”

“I was fortunate to find Optimum Physio over a year ago. I have a rare spinal cord disease and am recovering from spinal cord surgery. I credit the entire team for helping me go from a wheelchair to a cane through their innovative techniques and encouragement. The next goal is independent walking. What sets them apart from other PT clinics is a passion for what they do and cultivating trust with their patients. This is where you want to come to get results!” — Tomas R.

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!



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!**

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