



# **PROVEN TREATMENTS FOR LOW BACK PAIN RELIEF**



*"I did my research  
and found Optimum  
and struck gold"*

Read Gail's Review Inside

[OptimumPhysiotherapies.com](http://OptimumPhysiotherapies.com)

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

**210-985-9498**



# NEWSLETTER

SE HABLA ESPAÑOL

## PROVEN TREATMENTS FOR LOW BACK PAIN RELIEF

*Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At Optimum Physio Therapies, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!*

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At Optimum Physio Therapies, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

### Lower Back Pain in the United States

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US had lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

In the United States, the total cost of healthcare per person for those with chronic back pain can significantly vary depending on the specific treatments and services utilized.

However, the healthcare costs for adults with spinal problems have gradually increased throughout the years. In fact, data from the Centers for Medicare & Medicaid Services (CMS) shows that the National Health Expenditure (NHE) grew from \$2.6 trillion in 2010 to an estimated \$4.1 trillion in 2021. This represents an increase of approximately 58%.

According to the Institute for Health Metrics and Evaluation, healthcare costs for those with low back and neck pain were substantial. This study reports that in the year 2020, \$76.9 billion was paid by private insurance, \$45.2 billion was paid by public insurance, and \$12.3 billion was paid by individuals out-of-pocket. Additionally, a recent study of 55,945 patients with chronic lower pain shows that the median total cost per person was \$6,590.

A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain.

*Continued inside.*

**CALL 210-985-9498 TODAY FOR YOUR APPOINTMENT!**

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

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



# PROVEN TREATMENTS FOR LOW BACK PAIN

*Continued from the previous page.*

The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

## How Physical Therapy Can Help Your Back Pain

Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms.

Working with a physical therapist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results.



Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga

Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

## What to Expect in Physical Therapy

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam.

The oral history of your back pain helps your therapist identify any "red flags" that would indicate a more serious condition

or that warrants a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease).

The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences.

This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

## Contact Us for an Appointment

At Optimum Physio Therapies, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities.

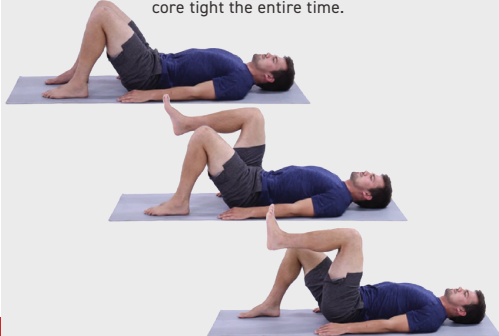
**Call today for a comprehensive assessment and learn what step you can take to alleviate your pain and prevent further episodes**



## EXERCISE ESSENTIALS

### Abdominal Bracing With Marches

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an 'L' shape with your thigh and trunk. Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time.



**210-985-9498**



# OPT 10 YEAR ANNIVERSARY MERCH

To celebrate its 10th anniversary, Optimum Physio is excited to introduce its new line of commemorative merchandise! This exclusive collection features t-shirts (\$20), tote bags (\$10), a trucker hat (\$20) and a dad hat (\$15). Each item features the clinic's anniversary logo, making them the perfect memento for patients, staff, and healthcare professionals. Get yours today and show off your support for Optimum Physio's continued commitment to providing top-notch physical therapy services!



## PATIENT SUCCESS STORY!



**“I did my research and found Optimum and struck gold!”**

*“I am a physical therapist assistant myself of 33 years and now, due to a fall, I'm experiencing therapy from the other side! I did my research and found Optimum and struck gold! Their therapy is excellent and their focus on balance training as a part of every patient's overall treatment is total wisdom to prevent further injury to any patient who has been compromised by injury or illness. They also offer a modality called 4 Laser that in one treatment took me from needing a walker to being able to walk with a cane and alleviated much of my pain.” —Gail G.*

### 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!*

## WHAT'S NEXT AFTER PHYSICAL THERAPY

**BUILD ON YOUR SUCCESS**

WORKOUT WITH THE TEAM THAT ALREADY KNOWS YOU!

Personalized fitness classes for all levels!



# Peanut Butter French Toast

*Sonia's Cooking Corner*

### Ingredients

- 2 eggs
- 3 Tbsp almond milk
- 4 slices toasted whole wheat bread
- 1/2 cup finely chopped peanuts
- 1 Tbsp butter
- Maple syrup

### Nutrition Facts

Serves 2  
Fats: 33g  
Carbs: 54g  
Fiber: 9g  
Protein: 25g



Courtesy of Sonia

### Directions

1. Beat eggs and milk together.
2. Dip 1 bread slice at a time in egg mixture, turning once.
3. Dip each slice into peanuts to coat both sides.
4. Heat butter in pan over low-medium heat.
5. Place as many bread slices as fits in pan and cook until brown on each side.
6. Serve with warm maple syrup.

