

NEWSLETTER



IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

Hands On Physical Therapy Can Help Resolve Your Back Pain!

INSIDE:

- SUPPORTING OUR COMMUNITY
- HEALTHY RECIPE
- EXERCISE OF THE MONTH



www.hopt-wellness.com

NEWSLETTER



IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

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 Hands On Physical Therapy 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 commencement 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 Hands On Physical Therapy 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

Continued inside.

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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

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muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

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 concerns regarding the spinal nerves are not.

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

- 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 Hands On Physical Therapy, 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.

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SUPPORTING OUR COMMUNITY

Hands On Physical Therapy made a \$450 donation to the Harnett County Sheriff Department to support the men and women who do a great job protecting our citizens. We are grateful to have the opportunity to support our law enforcement.



EXERCISE OF THE MONTH

This exercise helps relieve lower back pain.

DOUBLE KNEE TO CHEST

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds. Lower your knees slowly and repeat.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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TASTY RECIPE



CREAMY CUCUMBER, RADISH & TOMATO CHOPPED SALAD

INGREDIENTS

- 1/3 cup quick-cooking rolled oats
- 1/2 cup light almond milk
- 3/4 cup fresh strawberries
- 1/2 cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- 1/2 cup small ice cubes

INSTRUCTIONS

In a blender combine oats, almond milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

<http://www.eatingwell.com/recipe/259841/cherry-berry-oatmeal-smoothies/>



DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! Our physical therapists are highly trained movement specialists. Through physical evaluations, they will be able to examine your moving body in order to decide the best treatment plan for your specific needs.

Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!

COME BACK TO PT!

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

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PATIENT SUCCESS SPOTLIGHT



"Cathy Wiegerts at Hands on Physical Therapy is phenomenal. She is the best physical therapist I have ever had! When I walked in to Hands On Dec. 31st, I could barely walk. I had been to another physical therapist with no success. I had been in pain for over six weeks. I had just about given up on ever feeling "normal" again. My painful back had put my life in ruins. From the moment I had my first session, her healing touch began to work it's magic. Between her skilled hands, the electric stimulation, and exercises I was supposed to do, I finally am getting my life back. Thank you, Cathy!!!" –Wendy S.

You too can get results like this. Contact Hands-On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 8/30/2023