

# NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



**WE'RE OPEN!**

**HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?**

Let us help you get a head start going into 2021, before your deductible renews again! The cost could be minimal or completely covered by your insurance plan.

*Pictured left Mr. Joshua King Physical Therapy Intern and Dr. Keith E. Evans right*

## LET'S CELEBRATE! OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH!

**ALSO INSIDE**

EXCITED FOR FALL GARDENING? AVOID BACK PAIN WITH THESE TIPS!  
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YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

## EXCITED FOR FALL GARDENING? AVOID BACK PAIN WITH THESE TIPS!

Fall gardening offers the opportunity to plant fall flowers, clean out the flower beds and vegetable garden, and to plant bulbs that bloom next spring. Fall gardening has several advantages, such as cooler temperatures and less humidity than summer months. However, you have to take the necessary steps to protect your back from injury during gardening.

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. Millions of Americans suffer from debilitating back pain each year that affects their quality of life. It can present itself in a number of ways – whether you are having trouble getting out of bed, picking up your kids, putting on your socks and shoes, or partaking in your favorite hobbies, physical therapy can help relieve your back pain.

Our clinic can also diagnose whether the pain you're feeling is a result of general back pain or sciatica. Back pain typically develops as the result of an injury or muscle strain, which is why it is so common with the repetitive bending, digging, and reaching that gardening entails. Sciatica is a specific type of back pain that is extremely common. It develops from issues surrounding the nerves and can be felt in the lower back, legs, or buttocks. Sciatica occurs when the sciatic nerve becomes "pinched" or otherwise damaged in some way, thus resulting in a "shooting," "stinging," or "burning" sensation.

Whether you're experiencing general back pain or sciatica pain, our physical therapists at Atlanta Human Performance Center are licensed and trained in helping alleviate your discomfort. They can also provide you with helpful tips for avoiding back pain and sciatica while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.

### How can I prevent back pain or sciatica while gardening?

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is important to take the necessary steps to protect your back from injury while gardening. Below are 3 tips for pain-free gardening:

**1. Warm up first.** Much like any other form of physical activity, it is important to warm up before gardening. This is especially important if you enjoy tending to your garden in the morning, as your lower back is the most vulnerable to injury first thing in the morning. It is important for morning gardeners to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting. Adding in some back stretches can also help decrease your risk of pain or injury.

**2. Dress for the garden.** Gardening requires dressing for the occasion. Weather permitting, it is ideal to wear long pants and long sleeves. If it is too warm to do so, at least make sure you have on protective gloves and supportive shoes. Make sure your shoes cover the entire foot and have a skid-resistant sole.

Wearing shoes with good arch support helps take away some of the strain that gardening potentially causes to your back. Wearing flip flops or sandals potentially increases your risk of slipping, tripping or falling, which can potentially damage your back.

**3. Safety First.** Choose the right gardening tools to limit the stress on your body:

- The tool should be sturdy but not heavy.
- Choose handles that provide a comfortable grip size. The grip should feel soft and should easily fit into your hand.
- Choose a tool that is efficient at the task it is meant to perform – one that utilizes leverage and is sharp enough to cut.

**Protect your back before, during, and after gardening by following these tips:**

- Squat or use one knee to support yourself while gardening.
- Keep your spine as straight as possible.
- Use your hips and knees to lift, rather than your back.
- Alternate tasks such as digging, lifting, and walking. This relieves strain on your spine.

# OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

Did you know that October is National Physical Therapy month? That's right, an entire month dedicated to educating people about the benefits of Physical Therapy—and it couldn't come at a better time. Winter is one of the most trying times of the year for people struggling with chronic pain. Add the risk of falling due to icy conditions to the cold weather that aggravates even the mildest arthritis issue and you'll find a huge increase of people who would benefit from pain management and support.

Take the time this month to start figuring out the most important things you need to know about the benefits and perks of physical therapy.

Here are a few bits of information to help kick off your focus this month:

- **Physical therapy is most beneficial when used before an issue becomes chronic.** So many people wait until they've been dealing with pain for an elongated period before seeking support from a physical therapist. But there is no reason to wait! Physical therapy can have the biggest impact if used shortly after your initial injury. The longer you wait, the more difficult it will be to heal.

- **Muscle aches and joint pain tend to grow worse over time.** The longer you let your pain go untreated, the more severe the pain is likely to become and the more difficult the pain will be to treat. The best thing that you can do is seek treatment as immediately following the development of your pain as possible. Physical therapy can have a huge impact on alleviating pain from muscle and joint aches, but the earlier you start, the better off you'll be.

- **Chronic pain, especially back pain, is incredibly common in the United States—surprisingly so.** More than 100 million Americans over the age of 18 struggle with back pain. As a result, Americans spend more than \$50 billion dollars on back pain relief every single year. A lot of this goes to pain medication, which masks the pain without addressing the issue—meaning the pain always comes back.

About 30% of adults over 18 struggle with back pain, and that number is even higher for those who are over 65. Physical therapy is the best strategy to overcome back pain and is helpful at all ages. Your physical therapist will tailor therapy methods to your needs, helping you achieve the best results possible.

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpcpt.com](http://www.ahpcpt.com).

## Who Do You Know That Needs Physical Therapy?

*Do You Have Friends Or Family That Cannot:*

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



### HEALTHY RECIPE: PUMPKIN SOUP

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

# THE ROAD TO RECOVERY FROM PAIN TO PROGRESS

Patient Spotlight – From Pain to Progress | Charles Johnson  
Written by Katrena Holmes – Social Media Consultant



Mr. Charles Johnson has experienced pain in his right knee like none-other! This pain started in college when he injured his knee during a pick-up game of touch football. After the injury, he underwent reconstructive knee surgery. Over the years, arthritis "set-in" but he continued to live with the pain.

Most recently, Mr. Johnson went hiking at a nature preserve where things really took a turn for the worse. As he maneuvered up and down the various elevations of the path, he experienced a pain that literally stopped him in his tracks.

After an evaluation from his referring orthopedic surgeon, Dr. Arthur L. Raines of Resurgens Orthopaedics - Dr. Raines determined that Mr. Johnson's knee had reached a place of "bone on bone and advised him to have total knee replacement surgery. Mr. Johnson agreed to have the surgery and has since been on the "Road to Recovery."

Post-surgery, Mr. Johnson completed a couple of weeks of in-home physical therapy but later chose the team at Atlanta Human Performance Center for rehabilitation.

Dr. Milann D. Hepburn, PT, DPT one of Atlanta Human Performance Center's newest doctors of physical therapy has been working with Mr. Johnson. She states, "Mr. Johnson has progressed from walking with a walker, to walking with a cane. Today, he is walking without ANY assistive devices!"



Although Mr. Johnson has experienced some pain, he is making great progress! He states, "Dr. Hepburn has been really good recognizing that I have an issue with pain. She has done a really good job working with me and being patient and the results are beginning to show. So, I am quite happy!"

Upon completion of physical therapy, Mr. Johnson is looking forward to running a full 40 yards in 4.4 seconds, he jokingly states. But truly, he is simply looking forward to being pain free and going on long walks and hikes again.

Mr. Johnson states, he would absolutely recommend Atlanta Human Performance Center and paraphrasing the words of Dr. Keith E. Evans, Founder and Director of Atlanta Human Performance Center, Mr. Johnson states, 'Physical therapy is going to be a hard journey but if you fight through it, the results will be positive in the end.'

See Mr. Johnson's Atlanta Human Performance Center video story here:

[https://youtu.be/M\\_tUNf54Y40](https://youtu.be/M_tUNf54Y40)



## OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

For more information about our services and specialties, feel free to call and talk with your physical therapist today!

## HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

## PHYSICAL THERAPY TIPS



With Dr. Keith E. Evans, MD, PT, DPT, DN CERT, CEO/  
Director of Atlanta Human Performance Center

We are excited, October is National Physical Therapy Month!

Join our virtual celebration by checking out our physical therapy photos and videos in our Physical Therapy Month Celebration Album on Facebook.

You just might see a picture of yourself!

<https://www.facebook.com/media/set/?vanity=Atlantahumanperformance&set=a.3325977190785491>



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