

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



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NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



GETTING TO THE CORE OF BACK AND NECK PAIN

Back and neck pain are two of the most common issues that American adults experience, putting a huge physical and economic burden on working Americans by being both two of the leading needs for 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 common that neck pain and back pain are actually related. Core strength can have a huge impact on your overall health and wellness, and when your core is weak, it could add up to weakness in your neck and back.

Neck Pain 101

There are a lot of 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 or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. What is more, addressing neck pain is sometimes difficult as there is so much potential to cause more damage to the neck. This is why working with a physical therapist to address neck pain is wise. A physical therapist can help treat neck pain by improving range of motion, using targeted massage techniques,

and by improving strength as needed. For example, in many situations, neck pain can be treated by improving core strength.

Back Pain 101

Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. For this reason, back pain can frequently become a Catch-22 — avoiding the things that hurt your back could actually lead you to develop more pain in the future. Working with a physical therapist is the best way to cut your back pain issues in half. Physical therapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

CORE STRENGTH AND BACK PAIN

You may be surprised how frequently issues with the neck and back actually stem from issues with core strength. Your core refers to the muscles that make up your torso, including your abdomen. These muscles are called the core because they are at the center of your body, and they are necessary in just about every action that you engage in. Everything from walking and running and swimming to sitting and driving require you to engage your core.

There are a lot of reasons to improve core strength outside of any existing neck or back pain. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of

developing further back pain in the future. Furthermore, the exercise that helps to improve core strength is often helpful in promoting weight loss, and for those who are overweight, this could also help reduce pain in the neck and the back.

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. There are a lot of ways that working with a physical therapist can help you improve your core strength. You may be encouraged to practice core exercises, for example, which may include abdominal crunches or leg lifts. Light weight-training activities are also frequently helpful, as

are balance-based activities like yoga.

If you haven't spent much time building core strength in the past, then working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and movements to reduce further risk of injury. **For more information about how to start improving your core, contact us.**

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpct.com.

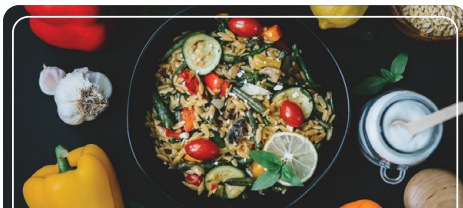


Who Do You Know That Needs Physical Therapy?

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!



ORZO WITH ZUCCHINI AND TOMATO

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

Cook pasta in a large pot of salted water as directed for al dente.

Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Sauté garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so the pasta isn't dry. Add freshly grated cheese and stir.

TIPS FOR PLANTING A POTTED HERB GARDEN



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Atlanta Human Performance Center, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. *Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!*

- 1. Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.
- 2. Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:
 - 1 foot in diameter: chives, cilantro, parsley, dill
 - 2 feet in diameter: summer savory, thyme, basil, tarragon
 - 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano
- 3. Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

Looking for more spring activities?

For more tips, don't hesitate to contact Atlanta Human Performance Center today! We can help you enjoy a fun and safe spring.

ARE YOU IN PAIN?

CALL FOR A PHYSICAL THERAPY CONSULTATION
AT (404) 346-1526

OUR SERVICES

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

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



How Hard Should You Work-Out? Understanding Perceived Exertion

Have you ever wondered how to receive the **MAXIMUM** benefits from exercise? Perceived exertion is the key. Knowing your perceived exertion status will help to keep you in your effective target heart rate zone. Staying in your target heart rate zone allows you to receive the benefits of exercise, such as an improved cardiovascular condition, weight loss, strength gain, decreased body fat, and improved overall health.

When working out, ask yourself, "How hard am I working?" Your answer should be middle-moderate to high-moderate. If you believe you are working out hard or heavy, then slow down or lighten up. If you are working out light, then increase your intensity or speed up.

Maintain a moderate level of activity or a goal of 150 minutes per week, 30 minutes per session, 5 times a week.



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