

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

THE IDEAL TREATMENT FOR LOW BACK PAIN

ALSO INSIDE LOWER BACK PAIN AND PHYSICAL THERAPY
5 NATURAL WAYS TO BEAT SPRING ALLERGIES

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

THE IDEAL TREATMENT FOR LOW BACK PAIN



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 in their life. For some, the lucky ones, perhaps, the pain is just for a day or two as a result of a particularly grueling day of yard work or a slip-and-fall accident that landed you flat on your bum with a bruise to prove it. For others, the low back pain is something that lingers for years and years, getting worse as a result of improper footwear or particularly unsupportive furniture, and never really healing or going away.

It is estimated that one-half of all Americans experience lower back pain annually, and it is considered to be the leading cause of workplace disability worldwide—not just in the United States. It is also one of the most common reasons that people miss work, and is the second most common reason that people visit the doctor's office. When you put those two facts together, the cost of dealing with lower back pain really starts to add up. The average annual cost of dealing with back pain in the United States is \$50 billion dollars. Unfortunately, a lot of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain. A far healthier and cost-effective solution is through physical therapy.

Lower Back Pain in the United States

According to the [National Institute for Health](#), the rates of low back pain have been steadily rising in the United States over the past 20 years. The study was conducted by medical researchers at the University of North Carolina at Chapel Hill. Researchers consulted with members of the North Carolina community who experienced back pain to understand what caused their pain, how frequently they experience the pain, and what the severity of the pain is like. They found by talking with household members across the state that the incidence of lower back pain has increased significantly since the last time this survey was conducted, which was in 1992. Since 1992, the percentage of people coping with lower back pain increased from just over three percent to well over 10 percent. This is a significant finding, especially when it was found that the increase in lower back pain remained constant across demographics. A further interesting finding is that of those who experience lower back pain, 84 percent opted to seek medical treatment to address the pain, which was an increase of more than 10 percent in 1992. This means that while more people are experiencing back pain, more people are also seeking treatment for that pain, though there is still an approximate 15 percent of the population who are coping with severe lower back pain without treatment. For those, seeking support from a physical therapist could significantly improve quality of life.

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

LOWER BACK PAIN AND PHYSICAL THERAPY

Physical therapy is a great 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 to experience improved range of motion, to restore strength to muscles in your lower back that may have experienced atrophy through lack of use, and also reduce tension in your lower back muscles through targeted massage.

When working with a physical therapist, you may also be guided through different lifestyle changes that you can make that can help you begin to overcome your back pain with everyday activities. **This can include:**

- Making changes to the type of shoes that you wear so that your back is

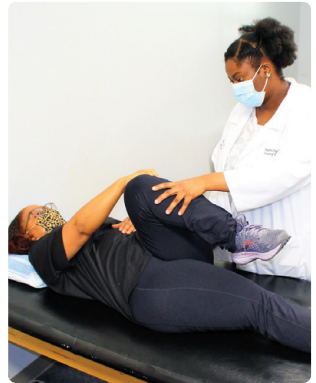
getting more support with every step. Sometimes, using special insoles can significantly improve your back pain.

- Adjusting your sleeping habits, or perhaps investing in a new mattress so that your back has more support at night.
- Using more lumbar support at work or on your commute by using a special chair or chair cover.

Lower back pain is a pain in the rear, but you don't need to deal with it any longer. Reach out to our doctors of physical therapy for information and support for overcoming lower back pain and finally find long-term relief.

Source

<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>



(404) 346-1526



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!

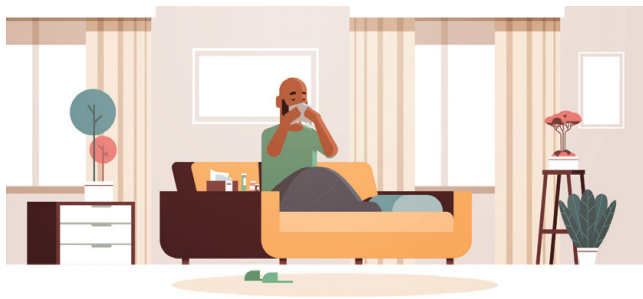


STRAWBERRY & BANANA POPSICLES

- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

5 NATURAL WAYS TO BEAT SPRING ALLERGIES



- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Wear a mask.** If you plan on being outside for an extended period of time, perhaps while gardening, consider wearing a mask. In addition to keeping us safe from viruses, such as Covid-19, wearing a cloth or surgical mask is a great way to minimize allergy symptoms.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.
- 4. Take off your shoes at the door and ask guests to do the same.** That keeps allergens outside.
- 5. Finally, don't allow guests, or yourself, to smoke inside the home.** It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.



SUMMER TIME EXERCISE TIPS

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

1. Hydrate! Hydrate! Hydrate! Drink plenty of water before, during, and after you exercise.
2. Dress in thin light clothing to help cool the body or wear clothing that has cooling technology. Exercise early in the morning before the sun comes up or in the evening as the sun sets.
3. For new exercisers, exercise on a track or short loop trail.
4. Prior to exercising make sure you warm up. After you warm up, stretch, then exercise. After exercising, make sure you cool down and stretch.
5. Regardless of your complexion, wear sunscreen or sunblock to prevent sunburn and wear appropriate sun protection gear such as a sun visor and/or sunglasses.

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.

HAS YOUR PAIN COME BACK?

WE WOULD LOVE TO HELP!

CALL FOR A PHYSICAL THERAPY CONSULTATION

(404) 346-1526



www.ahpcpt.com