

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

**ARE YOU EXPERIENCING LOWER BACK PAIN?
CHANCES ARE, IT MAY BE CAUSED BY ANOTHER ISSUE**

ALSO INSIDE THE ROAD TO RECOVERY - FROM WEAKNESS TO FULL STRENGTH AND JOY - A ROTATOR CUFF REHABILITATION TESTIMONIAL

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



ARE YOU EXPERIENCING LOWER BACK PAIN? CHANCES ARE, IT MAY BE CAUSED BY ANOTHER ISSUE

Your spine is a complex part of your body – it requires proper posture, flexibility, coordination, and strength, in order to do its job correctly. When one of these elements is altered, your spine can emit painful responses that can settle in other nearby parts of the body.

According to the National Institute of Health, approximately 80% of adults will experience lower back pain at some point in their lives. Back pain is actually the most commonly reported location of pain across the globe. But how often is the source actually another part of your body?

Pain Is Usually Connected

Your spine is a lengthy structure, and pain can travel along it. Let's say you are prone to neck pain – perhaps you have a slouched posture from sitting at a desk all day and the pressure radiates in your shoulders. Or, maybe you've had a previous injury, such as whiplash, that still elicits painful stings every now and then. Now, let's say you begin feeling pain in your lower back in addition to your neck pain. Why does this happen?

Basically, the pains are connected to each other. Your head weighs about 10-12 pounds, which is roughly the weight of a bowling ball. When you slouch, or compensate pain by realigning your body, your back muscles have to work extra hard to keep you from toppling forward. Have you ever been so tired that your head begins to bob and it jolts you awake? That's because your head is heavy! The weight from the motion wakes you back up because your body isn't used to carrying it in that way.

This is also why pain in your lower back may occur as a result. Your back muscles are working in overdrive and may be constricting to try and hold you up. If you notice neck and back pain at the same time as one another, try sitting up straighter – it should help ease some of the stress!

Is Your Neck The Culprit?

The most common combination of pain is in the neck and the back. If you are experiencing both, it is most likely stemming from the neck.

We don't typically think about it, but we use our necks for a lot of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder when backing out of a driveway, use a lot of neck muscles. When you do simple tasks such as these, do you find yourself turning your entire body, as opposed to just your head? If so, you could experience back pain along with your neck pain.

When you have limited motion in your neck, your body compensates by twisting more than it usually would, thus over-rotating your lower back. This could cause a source of pain or general discomfort in the area, due to abnormal overuse. If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help. **Call us today to talk to an expert about how we can relieve your aches and pains!**

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

THE ROAD TO RECOVERY

FROM WEAKNESS TO FULL STRENGTH AND JOY

A ROTATOR CUFF REHABILITATION TESTIMONIAL

Patient Spotlight – Joseph Barker, Sr., Former NASA Aerospace Engineer, U.S. Army Paratrooper, and All-Season Athlete

Written by Katrena Holmes

“Dr. Evans is a genius!” It was 3-years ago when Mr. Barker fell, injuring his shoulder and it had been 3-years before any trained professional could explain to Mr. Barker how to treat it. But within 5 minutes of seeing Dr. Keith E. Evans, Founder, and Director of Atlanta Human Performance Center, Mr. Barker exclaims, “Dr. Evans is a genius!”

After his patient evaluation, Mr. Barker had *finally* received a satisfactory answer to his perplexing questions and dilemma, “What is wrong with my shoulder?” “Why won’t it heal?” “I know that it is weak. I can’t move it as I used to. I am ready to get it fixed.”

Like many of us who have experienced pain, discomfort, and or weakness, Mr. Barker knew something was wrong but he could not pinpoint the problem and did not have a solution or remedy.

Coincidentally, Mr. Barker’s wife became a patient at Atlanta Human Performance Center. After seeing her results, Mr. Barker said to himself, “These folks are good; I think I need to become a patient.” He received a referral from his primary care physician and as they say, “the rest is history.”

Dr. Evans explains, “Mr. Barker had a rotator cuff and bicipital tendon injury and pain. He had done a great job with what he knew to do. We enrolled him in our **4-step rehabilitation program**. Since then, he has graduated and continues to do his prescribed treatment in our fitness center 3 days a week. Continuing with his prescribed treatment is essential, as it is a part of his healing process. He is an encouragement and inspiration to all of us.”

Mr. Barker is 85 years young and being weak, is not and will **NEVER** be an option for him! In high school, he was an all-season athlete. He played baseball, football, basketball, and ran track. He served our country for 3 years in the U.S. Army as a paratrooper - completing 25 jumps! While in the U.S. Army, Mr. Barker also played the above sports and was on the boxing team with the 11th Airborne Division in Germany. In college, he played 2nd base for 2 years and was a starting pitcher his 3rd year. He was also the first Black-American



aerospace engineer to be hired by NASA in Houston, Texas.

Mr. Barker has no desire to slow down mentally or physically. He and his wife of 62 years have 5 children, 16 grandchildren, 6 great-grandchildren, and 3 great-grandbabies **on the way!** He wants to run and play with them – effortlessly!

Weakness, pain, and or discomfort are unnatural. They are signals from our bodies, telling us that something is wrong. They can be absolutely paralyzing and debilitating. However, when you finally get the issue resolved, you will experience restored joy, a feeling that cannot truly be explained – especially if you have been enduring the issue for a very long time.

Go from weakness to full strength and experience joy like Mr. Barker.

Please contact our office today to schedule an appointment with our doctors of physical therapy and receive **your** patient evaluation. We want to help you get back to doing the things you need to do, as well as get you back to doing the things you **LOVE** to do - like playing with great-grandbabies – **free from weakness, pain, and or discomfort.**

See Mr. Barker’s Atlanta Human Performance Center story here:

<https://youtu.be/ar0h-uJxhvs>

4 SIMPLE WAYS TO MAKE HYDRATION A HABIT



Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. **Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. **When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
3. **Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
4. **Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

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



PHYSICAL THERAPY TIPS

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

Six Tips You Should Implement Prior to Starting an Exercise Program:

1. Have a routine physical by your MD.
2. Get directions from a physical therapist for form and safety.
3. Start slowly and increase gradually.
4. Warm-up before exercise.
5. Dress for your specific sport activity.
6. Listen to your body.



www.ahpcpt.com