

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

FIND RELIEF FOR YOUR ACHING BACK WITH PHYSICAL THERAPY

ALSO INSIDE

THE ROAD TO RECOVERY FROM EMERGENCY NECK SURGERY BACK TO FITNESS - POST OPERATIVE CERVICAL FUSION TESTIMONIAL

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FIND RELIEF FOR YOUR ACHING BACK WITH PHYSICAL THERAPY

According to the American Physical Therapy Association, back pain is the most commonly experienced type of pain across the United States. In fact, one in every four Americans has experienced back pain within the last three months.

The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. Fortunately, Atlanta Human Performance Center can get you the help you need so you can improve your quality of life!

Did You Know This About Back Pain?

“Back pain” is an all-encompassing term used to describe a vast number of conditions that cause pain in the upper or lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

The most common cause of back pain is from sustaining an injury. This can happen in one of two ways - from an instant, sudden trauma, or from a repetitive-use injury that develops gradually over time.

Back pain is commonplace in the United States. Therefore, statistical data is readily available. Below are some facts about back pain:

- Back pain is the number one disability for those under age 45.
- In the United States alone, there are an expected 31 million people with lower back pain at any given time.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- Experts place the likelihood of any person to experience some type

of back problem in their lifetime at about 80%. That’s four out of every five people!

- 30-40 percent of all workplace absences are due to back pain.
- Approximately one quarter of U.S. adults reported having low back pain lasting at least one whole day in the past three months, and 7.6% reported at least one episode of severe acute low back pain within a one-year period.
- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical—meaning they are NOT caused by serious conditions, such as infection, fracture, or cancer.

Find Relief With Atlanta Human Performance Center

Fortunately, back pain can be relieved with our SPINE program. This program helps in improving your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it’s intended. Our SPINE program can also provide you with helpful tips for preventing your back pain from returning.

Your doctor of physical therapy will also work with you to implement an individualized treatment plan, based on your specific needs. The main stages of your plan will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your doctor of physical therapy may deem fit.

As you progress and improve, your doctor of physical therapy will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

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

THE ROAD TO RECOVERY FROM EMERGENCY NECK SURGERY BACK TO FITNESS - POST OPERATIVE CERVICAL FUSION TESTIMONIAL

Patient Spotlight – Reverend Kinney Redding, All-American Defensive Tackle, Missouri Western State University, 1976

Written by Katrena Holmes

“You must have emergency surgery.” These are 5 words that can take your breath away. After a work-related injury and accident, Reverend Kinney Redding, All-American Defensive Tackle for Missouri Western State University, began to experience severe pain. He didn’t think much of the pain, because he had developed a high tolerance for pain during his college football days. Unfortunately, Mr. Redding, now a senior, would be joining the many seniors who have had to receive surgery.

According to the United States Census Bureau, more than 12 percent of the U.S. population is over 65, and, of that segment, more than half will undergo at least one surgical procedure as a senior citizen. (Source: [Caregiver.com](http://www.caregiver.com))

Fortunately, as fate would have it, back in 1974, a younger Kinney Redding, now Reverend Redding, would cross paths with a younger, Keith E. Evans, now, Dr. Keith E. Evans, doctor of physical therapy. It was at Missouri Western State University, Reverend Redding first met Dr. Keith E. Evans and it was at Missouri Western State University, Reverend Redding witnessed the work ethic and ethics of Dr. Keith E. Evans. They were college suite-mates, teammates, and they both became football All-Americans.

Consequently, when Reverend Redding, heard those “5 dreaded words”, it was without question, he would call his friend, Dr. Keith

E. Evans, doctor of physical therapy to prepare his body for surgery. Dr. Evans used [Atlanta Human Performance Center’s signature pre-surgery physical therapy exercise strategy](#). Dr. Evans states, “This strategy consists of decreasing the pain and increasing both strength and range of motion. The pre-surgery strategy allowed for Reverend Redding’s surgery to be less intrusive and more successful with his rehab, post-surgically.”



After surgery, Reverend Redding immediately began [Atlanta Human Performance Center’s signature 4-Step post-surgery rehabilitation program](#). Reverend Redding is now back to his pre-injury fitness level and has no thoughts of slowing down.

Reverend Redding emphatically, states, “I chose Dr. Evans because I knew him. I knew the kind of work ethic he had, and I knew I could trust him.” Based on Reverend Redding’s previous experience with Dr. Keith E. Evans, he also states, “I knew he was a hard worker. I knew he was solid, and I knew he was trustworthy. So, when it came time for me to choose my physical therapy, I chose, Dr. Evans, here at Atlanta Human Performance Center.”

In closing, Reverend Redding states, “If you are having any issues, if you have any concerns, if you have any questions about trusting your physical care and physical therapy to Dr. Evans, let me assure you right now, you’d be in good hands. He has a tremendous work ethic and he also knows what he is doing!”

See Reverend Redding’s Atlanta Human Performance Center Story here: <https://youtu.be/g-Yi0t67PvA>



EASY MANGO PROTEIN SMOOTHIE

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 scoop vanilla whey protein powder
- 1 mint sprig
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 tsp honey or to taste (optional)

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

6 FOOD CHOICES TO HELP EASE ARTHRITIS PAIN



1. Broccoli, Brussels Sprouts, and Cabbage

These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.

2. Fatty fish

Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.

3. Garlic

Garlic is a member of the allium family—which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases—including arthritis.

4. Tart cherries

Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color—anthocyanin.

5. Turmeric

One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines—particularly curries.

6. Vitamin C

Antioxidants in vitamin C may slow the progression of osteoarthritis. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.

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.

OUR PATIENTS LOVE US!

“Very professional, thorough, empathic and culturally adept. Highly qualified with deep knowledge and experience.”

- 5 Star Google Review

Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



www.ahpcpt.com



PHYSICAL THERAPY TIPS

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

9 Tips for Physical Therapy Success

1. Be good historians.
2. Set goal(s).
3. Come to appointments.
4. Do your homework.
5. Establish a dedicated space to do the exercises at home.
6. Ask questions.
7. Stick to the problem.
8. Keep open lines of communication with your doctor(s) of physical therapy.
9. Keep up the good work!