

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

RELIEVE YOUR BACK PAIN CAUSED BY WALKING

ALSO INSIDE HOW BACK PAIN AFFECTS YOUR GAIT
SEASONAL RECIPE • PATIENT TESTIMONIAL

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RELIEVE YOUR BACK PAIN CAUSED BY WALKING

Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, our Doctors of Physical Therapy are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our Doctors of Physical Therapy are an excellent resource for managing your back pain and difficulty walking.

Call Atlanta Human Performance Center today for our comprehensive assessment of your back and your gait! We can be a helpful tool in getting you back on your feet.

HOW BACK PAIN AFFECTS YOUR GAIT

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common to interfere with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how you also walk changes. When you are in pain, you tend to walk "out-of-phase," meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can

influence your step length, step time, stride length, velocity, and cadence.

At Atlanta Human Performance Center, our physical therapist can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

HOW PHYSICAL THERAPY CAN HELP

When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Doctors of Physical Therapy are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapist will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

WHAT TO EXPECT AT PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk.

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

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

WALK PAIN FREE THIS SEASON!

When you are experiencing recurring back pain—especially if you are experiencing back pain while walking—you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Your therapist will teach you strategies like:

Standing tall whenever you are standing or walking. Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.

Making sure that you are wearing suitable types of shoes. The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.

Trying a custom insert in your shoe. Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.

Changing “how” you walk. Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

Working with a physical therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What’s more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

CALL OUR CLINIC TODAY

Call Atlanta Human Performance Center today for a comprehensive assessment of your back pain and your gait. Working with our Doctors of Physical Therapy to improve your walking technique can help you overcome back pain one step at a time.

If you have a history of severe back pain that has changed how you walk, don’t hesitate to talk to our Doctors of Physical Therapy. We offer the results you are looking for!

Sources:

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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!



CHRISTMAS TOFFEE

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- Peppermint candy

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy. Cool completely then refrigerate for 2 hours or until hard enough to break apart.

5 HEALTHY EATING RESOLUTIONS

What's your New Year's resolution this January? Many individuals choose the New Year as a perfect time to start getting healthier and improving their diet. If this is your resolution, stick around to discover 5 ways you can eat healthier.

1. Drink more water

Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

2. Eat more Omega-3s

Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

3. Substitute meat with tofu

Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

4. Cut back on salt

Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks—like potato chips.

5. Limit your sugar intake

Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.

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!

"Coming to the center for therapy, has provided me with the activities that I need to recuperate after my surgery. Not only has it helped me physically but the professional courteous attitude of the staff has made me feel comfortable and made me continue to come. When I am finished on this side I'll join the other side and continue to be apart of their program. Thank you to everyone."

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

Seven Back Protection and Injury Prevention Tips

1. Perform muscle strengthening and stretching daily for your back and abs.
2. As much as possible, sit in an ergonomic chair and avoid prolonged sitting on unsupported soft sofas, recliners, and low chairs.
3. Drink plenty of water and eat healthily.
4. Stay active.
5. Avoid smoking and any form of nicotine intake.
6. Avoid heavy lifting and/or repetitive lifting.
7. When lifting objects keep the following tips in mind:
 - A. Bend your knees and not your lower back.
 - B. Hold the object close to your body while keeping your spine straight.
 - C. Lift with your legs.
 - D. Pivot your feet instead of twisting your back.
8. Consult with your Doctor of Physical Therapy for injury rehabilitation or for a safe specific exercise program.