



## PROVEN TREATMENTS FOR **LOW BACK PAIN RELIEF**

Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At Atlanta Human Performance Center, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

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. It is estimated that 80 % of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At Atlanta Human Performance Center, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

### **LOWER BACK PAIN IN THE UNITED STATES**

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

The health-care costs for adults with spinal problems have been progressively increasing and were estimated at over \$6000 per person with chronic lower back in 2005, with a total cost of \$102 billion. Unfortunately, many 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 further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

**Visit Us Online [ahpcpt.com](http://ahpcpt.com) or Call Today 404.346.1526**



## HOW PHYSICAL THERAPY CAN HELP YOUR BACK PAIN

Physical therapy is an excellent 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 experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results.

Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga

Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

## WHAT TO EXPECT IN PHYSICAL THERAPY

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam.

The oral history of your back pain helps your therapist identify any “red flags” that would indicate a more serious condition or that warrants a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease).

The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences.

This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

## CONTACT US FOR AN APPOINTMENT

At Atlanta Human Performance Center, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities.

Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

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## 3 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. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.

**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. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. 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.





# PHYSICAL THERAPY TIPS

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

## Reasons To Return To Physical Therapy

Has the pain from an old injury returned? Are you unsure how to fight back against a recurring injury or condition? If your pain is back and worse than ever, it's time to see a physical therapist at Atlanta Human Performance Center.

It can be tempting to ignore your pain in hopes that it will simply go away on its own. After all, if you've already pursued treatment once, it can feel like there's almost no point in trying again- your pain will just come back, right?

Unfortunately, not seeking treatment for your pain is never a good option. Especially if your pain has left you with limited mobility-making certain tasks impossible to perform. Doing nothing to treat an injury can worsen the existing problem and lead to long-term

complications. Fortunately, the physical therapists at Atlanta Human Performance Center are experts in treating acute and chronic pain. Our team also has experience treating the following conditions:

- Back and neck pain
- Sciatica
- Headaches
- Workplace injuries
- Sports injuries
- Dizziness and vertigo
- Balance and gait disorders

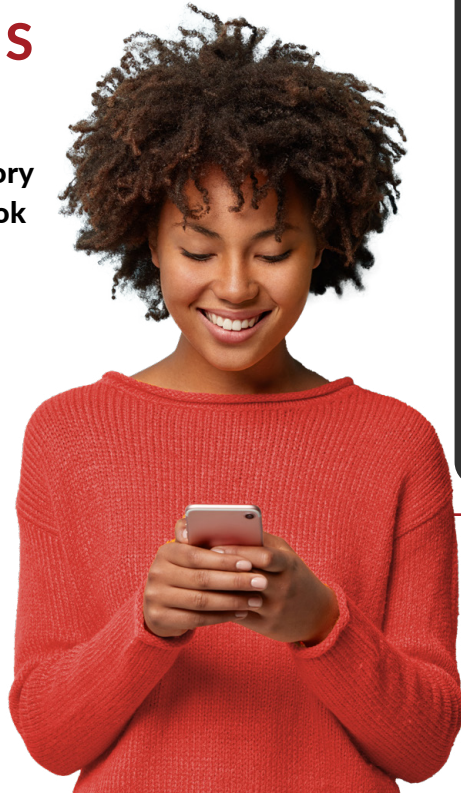
At Atlanta Human Performance Center, we understand that recurring pain can be frustrating. That's why we're here to help you find the complete and long-term relief you've been searching for. To begin your journey toward recovery, contact our clinic today!

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpcpt.com](http://www.ahpcpt.com).

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



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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!



## SPRING VEGETABLE TART

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthways with a mandoline
- 1 1/2 c goat's cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve

Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 2 cm to create a large single sheet. Fold and pinch all four sides to make a 2 cm border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with kitchen paper. Scatter vegetables over tart and crumble over goat's cheese. Drizzle with oil and vinegar glaze. Serve with mixed herbs.



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