

HAPPY
Valentine's
DAY



FALL IN LOVE WITH A PAIN-FREE BACK

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, rising from sitting or bending over difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Atlanta Human Performance Center, we know how debilitating back pain can be. Our team of dedicated Doctors of Physical Therapy will help you understand the cause or causes of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

WHAT CAUSES BACK PAIN?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease or specific structural problem, but caused by mechanical issues. Mechanical issues are difficult to pinpoint and may include multiple tissues in and around the spinal joints.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations or weakness you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates — that is protrudes out — and irritates a nearby nerve, it can lead to intense pain, feeling "stuck" in a stooped over position, and often pain down the leg known as sciatica.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.

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- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

WHY PHYSICAL THERAPY AT ATLANTA HUMAN PERFORMANCE CENTER IS YOUR BACK PAIN SOLUTION

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain — defined as pain that lingers past that three-month mark.

The location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying issues causing your pain rather than simply masking the symptoms.

How will we do this? Through a blend of the following techniques:

- **Manual therapy** helps manage pain, promote blood circulation, and improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as proper techniques and activities that simulate functional movements you'll need to perform (i.e., squats, lunges, lifting, etc.).
- **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or regular strength and mobility practice.

GET MOVING AGAIN WITH PHYSICAL THERAPY!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Atlanta Human Performance Center team is here to help you break that cycle and find relief from back pain for good.

Call us today to schedule an appointment!



Valentine's Day Word Search

Valentine's Day

word search

V	A	L	E	N	T	R	O	M	A	N	E	A	S	K
E	C	H	U	G	I	F	L	O	W	E	R	S	E	I
M	H	E	C	I	M	I	O	R	E	S	O	K	V	N
F	O	L	E	F	W	R	V	S	T	O	M	E	O	L
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T	R	F	L	O	W	E	N	D	O	V	I	N	O	U
H	Y	R	A	U	R	B	E	F	K	I	S	K	S	C

word bank

BOUQUET

CANDY

CARDS

CHOCOLATE

CUPCAKES

CUPID

DOVES

FEBRUARY

FLOWERS

GIFT

HUG

HEART

KISS

LOVE

PINK

RED

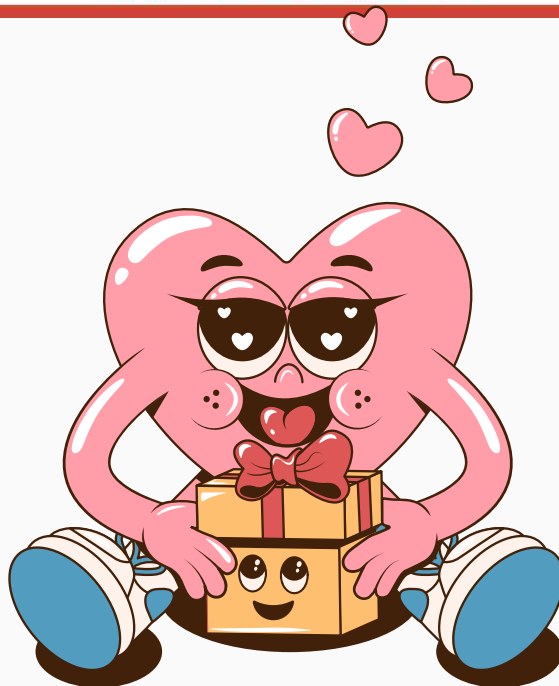
ROMANCE

ROSES

SWEETHEARTS

VALENTINE

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HEALTH TIPS

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

4 Health Eating Tips

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. 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.

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.



Call today at our new East Point location 404-446-1224 or Atlanta location 404-346-1526. Or visit www.ahpcpt.com.

WE WANT TO HEAR YOUR SUCCESS STORY!

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

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Who Do You Know That Needs Physical Therapy?

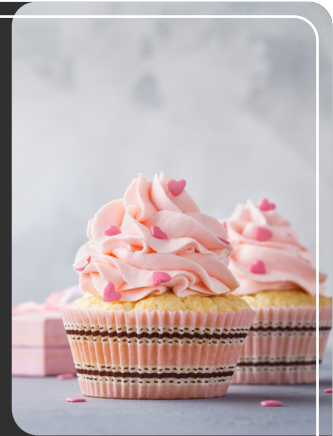
Do You Have Friends Or Family That Cannot:

- ✓ 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!

VALENTINE'S DAY CHAMPAGNE CUPCAKES

- cooking spray
- 1 (18.25 oz) white cake mix
- 1 1/4 cups Champagne/sparkling white wine at room temperature
- 1/3 cup vegetable oil
- 3 eggs
- 1/2 cup butter, softened
- 4 cups confectioners' sugar
- 1/4 cup Champagne or other sparkling white wine at room temperature



Preheat oven to 350 degrees F (175 degrees C). Spray 24 muffin cups with cooking spray. Mix cake mix and 1 1/4 cup Champagne in a large mixing bowl; stir in vegetable oil and eggs. Beat batter with an electric mixer on medium speed for 2 minutes. Pour batter into the prepared muffin cups, filling them 3/4 full. Bake cupcakes in the preheated oven until a toothpick inserted into the middle of a cupcake comes out clean, about 20 minutes. Cool cupcakes in pans for 10 minutes before removing to finish cooling, about 30 more minutes. Mix butter, 1 cup confectioners' sugar, 1/4 cup Champagne, and vanilla extract in a bowl. Stir in remaining confectioners' sugar, 1 cup at a time, until frosting is smooth and creamy. Spread on cooled cupcakes.

3250 HOGAN RD, S.W.

ATLANTA, GA 30331

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***NEW LOCATION OPEN**

3015 CAMP CREEK PKY

EAST POINT, GA 30344

PHONE: (404) 446-1224

* PHYSICAL THERAPY HOURS ONLY. THIS LOCATION DOES NOT HAVE A FITNESS CENTER.

MON. WED. & FRI. | 8AM-6PM • TUES. & THUR. | 9AM-4PM

SAT & SUN. | BY APPOINTMENT ONLY