

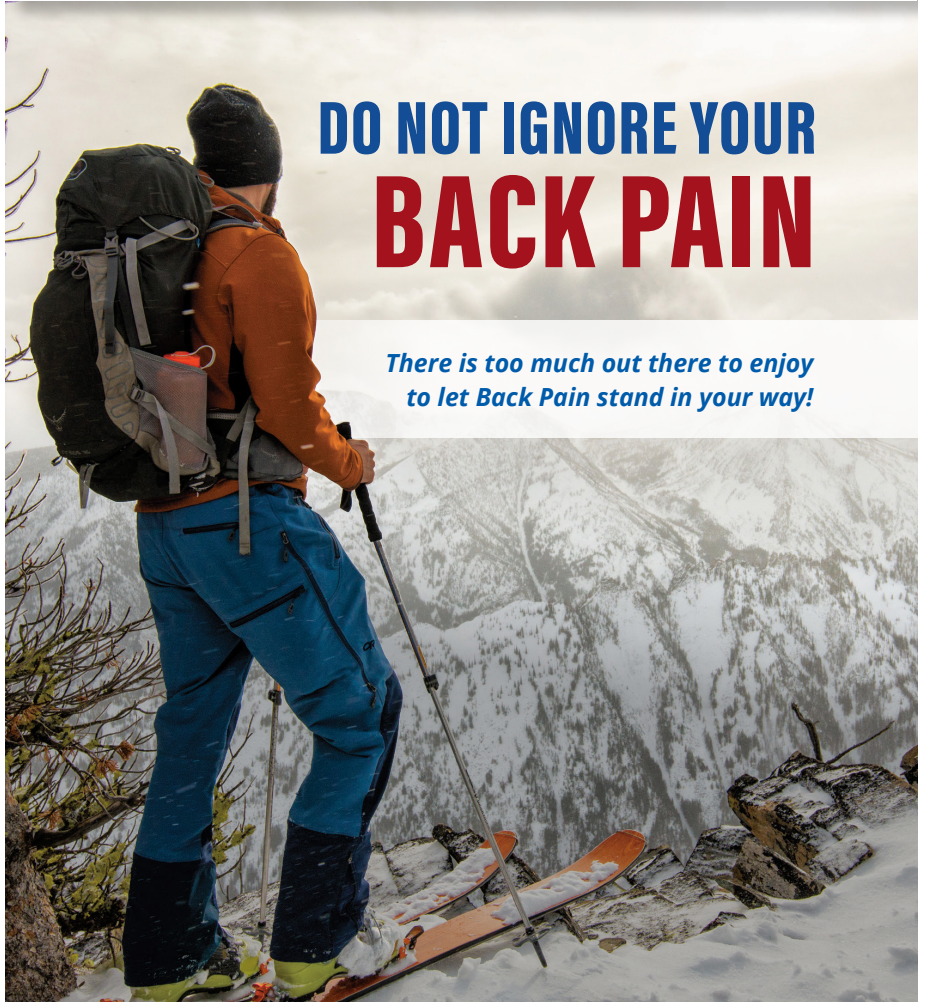


ELEMENT
PHYSICAL THERAPY · AUDIOLOGY
We are the Balance and Hearing Experts

NEWSLETTER

DO NOT IGNORE YOUR **BACK PAIN**

*There is too much out there to enjoy
to let Back Pain stand in your way!*



ALSO INSIDE

**6 Essential Running Tips For
Back Pain Suffers**

Patient Spotlight



ELEMENT
PHYSICAL THERAPY · AUDIOLOGY
We are the Balance and Hearing Experts

NEWSLETTER

DO NOT IGNORE YOUR BACK PAIN!

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

CALL (406) 220-5362 TODAY FOR AN APPOINTMENT!

elementpt.com

UNDERSTANDING BACK PAIN

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies.

Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR YOUR BACK PAIN

Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.

Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.

Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible. Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

[Click Here to Request an Appointment](#)

PATIENT SUCCESS

“Element Physical Therapy saved my back and allowed me to still have fun with my children.”

“I started going to Element Physical Therapy when I was pregnant with my second child. I had severe lower back pain due to pregnancy and trying to also be fun and get up and down off the floor to play with my first born. It was really taxing on my body. The staff at Element Physical Therapy were knowledgeable and kind. They knew exactly how to relieve the pain in my back as well as give me the knowledge to help prevent more back pain as my pregnancy progressed. Element Physical Therapy saved my back and allowed me to still have fun with my children. I highly recommend them!”

– Katrina M.



Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!

6 ESSENTIAL RUNNING TIPS FOR BACK PAIN SUFFERERS

Running puts a high level of repetitive stress on the back, and for those with lower back problems it is particularly important to take measures to reduce the strain on the lower back.

In general, the following 6 tips are advisable for runners, especially for those who are susceptible to low back pain or leg pain/sciatica:

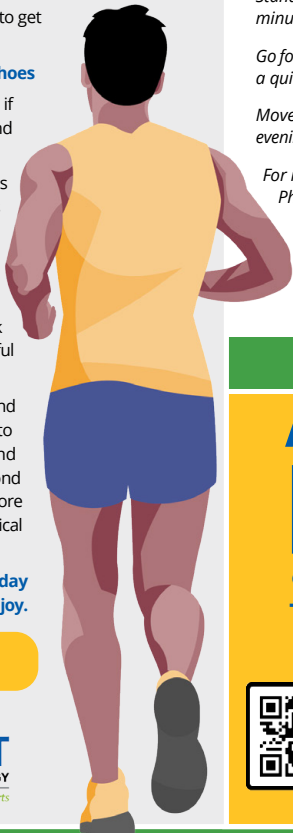
1. **Do a thorough warm-up** prior to beginning a run
2. **Stretch the hamstrings** (the large muscles in the back of the thigh) twice daily to minimize stress across the low back
3. **Muscle strengthening or strength training** are also important, particularly with the core muscles of the back
4. **Cross training** is useful, so as not to get into an overuse syndrome
5. **Wear comfortable, supportive shoes**
6. **Try to run on a forgiving surface** if possible, such as a rubber track, and try to avoid running on cement

It is important that back pain patients take note of any back symptoms that perhaps are being exacerbated by a particular activity. If running consistently brings on back pain or leg pain symptoms, an evaluation with a physical therapist specializing in back pain and running analysis can be useful to determine the source of that pain.

Again, muscular sprains and strains tend to be short-lived and respond well to self-care measures, such as heat and stretching. If the pain does not respond to these measures, there may be a more structural problem that requires physical therapy treatment.

Call Element Physical Therapy today and get back to the activities you enjoy.

[Click Here to Request an Appointment](#)



A NOTE FROM AMY

Get Moving to Help with Back Pain!



Hello friends,

As we hop into spring, I hope you'll take the time to move more, especially if you're struggling with back pain.

Sitting too much can impact our lower back—not to mention our overall health. I encourage you to find ways to incorporate more movement throughout your day. It doesn't have to be a burden! Here are just a few ideas:

Stand up. If you sit for work, try to stand up every 30 minutes or so, even if it's just for a few moments.

Go for walks. On days when the weather warms up, take a quick walk around the block.

Move in front of the TV. We all love to lounge in the evenings, but try standing or stretching while you veg out.

For more movement tips, reach out to Element Physical Therapy!

All the best,

*Amy Downing,
PT, Owner, Emory Certified Vestibular Specialist*

COME BACK TO PT!

ARE YOU IN PAIN?

Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!



**Call (406) 220-5362
OR Scan the QR code below
to make an appointment.**



**2409 DEARBORN AVE.
MISSOULA, MT 59801
(406) 220-5362**



**IF YOU ARE IN PAIN
COME BACK IN FOR PT!**

Schedule Your Consultation Today!

(406) 220-5362

elementpt.com