



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

NEWSLETTER

FREE BALANCE SCREENING
Sept. 20th from 1-5 PM
No Appointment Necessary

A STRONGER FOUNDATION

TACKLING BACK AND NECK PAIN
THROUGH STRENGTHENING

ALSO INSIDE

Beyond Crunches: Understanding
Your Core Muscles

\$20 Off Any Massage

A STRONGER FOUNDATION

TACKLING BACK AND NECK PAIN THROUGH STRENGTHENING

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Element Physical Therapy, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

HOW MUSCLES AFFECT NECK PAIN

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain can develop due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects our ability to move our head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

HOW MUSCLES AFFECT BACK PAIN

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all

Continued inside.



A STRONGER FOUNDATION

TACKLING BACK AND NECK PAIN THROUGH STRENGTHENING

Continued from previous page.

the way around. So the core muscles of the spine include:

- The abdominal muscles
- The lower back muscles
- The muscles of the hips
- Your buttock muscles and pelvis

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

HOW PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR BACK AND NECK MUSCLES

Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

You deserve to feel your best. Call us today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

CONTACT US TODAY TO GET STARTED!

(406) 220-5362



\$20 OFF ANY MASSAGE

Release that muscle tension and work out that stress with a massage from Element Physical Therapy.

Offer good through October 31, 2023.

**CALL TODAY FOR YOUR APPOINTMENT!
(406) 220-5362**



EXERCISE ESSENTIALS

CLAMSHELL BRIDGE (WITH BAND)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly and repeat.



Try this exercise to help strength your core.

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

MEET KATRINA

KATRINA MCCULLOUGH ADMINISTRATIVE EXECUTIVE



Katrina is a native Montanan, who moved to Missoula from the cold tundra of the Hi-Line in 2014. She worked in the dental field for eleven years. However, she decided to make a change and started working at Element Physical Therapy in the billing and administrative departments in May of 2020. Katrina's real joys at work are helping patients and her coworkers with any issue that may arise, helping patients understand their insurance, and making everyone feel welcome. Katrina is married, has a rambunctious toddler and a baby, both boys, who keep her on her toes. She enjoys hiking, camping, being outdoors, going to concerts, baking, traveling, trying new things, and spending time with her family and her two big dogs.

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

COMING SOON!



WELLNESS CLASSES WITH GARRET!

Call for details!

(406) 220-5362

A NOTE FROM AMY

Beyond Crunches: Understanding Your Core Muscles



Hello friends,

In the fitness world, core strength is often associated with six-pack abs and endless crunches. But as a physical therapist, I'm here to tell you that core strength is much more than that!

The muscle that forms a six-pack is your rectus abdominis, and it actually does more than just help you look good: it helps you flex your trunk. But it's a small piece of your overall core, and when it comes to managing back pain, it's only a small part of the solution.

Instead, you want to focus on strengthening your deep core muscles, including the ones in the back and pelvis region. No one will ever be able to admire these muscles because they can't see them—but they support and stabilize your spine, and strengthening them can relieve pressure and pain.

My team can show you deep core exercises appropriate to your ability level. Call me to schedule an appointment!

All the best,

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

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