

NEWSLETTER

How Strengthening Helps **Back & Neck Pain**

INSIDE:

- How Muscles Affect Back Pain
- Seasonal Recipe: Sweet Potato & Black Bean Chili
- At-Home Exercise: Seated Sciatic Nerve Tensioner
- Patient Success Story
- Gardening Tips

Visit us online at www.FYZICAL.com/bella-vista



FYZICAL®

Therapy & Balance Centers

NEWSLETTER

INSIDE:

- How Muscles Affect Back Pain
- Seasonal Recipe: Sweet Potato & Black Bean Chili
- At-Home Exercise: Seated Sciatic Nerve Tensioner
- Patient Success Story
- Gardening Tips



Did You Know Back & Neck Pain Are Related?

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At FYZICAL, 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.

Call FYZICAL today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

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 that develops 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 your ability to move your 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!

(continued inside)



LOOKING FORWARD TO
THE SPRING?

**PREPARATION
STARTS NOW!**

Start the new year and prepare for Spring activities with massage therapy. We accept referrals for this service! Contact us to schedule an appointment at (479) 855-9348.

QUOTE OF THE MONTH:

"Whatever you are, be a good one."

— Abraham Lincoln

Schedule an appointment by calling **(479) 855-9348.**

SEASONAL RECIPE: SWEET POTATO & BLACK BEAN CHILI



INGREDIENTS

- 1 tbsp plus 2 tsp extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp chili powder
- 4 tsp ground cumin
- ½ tsp ground chipotle chile
- ¼ tsp salt
- 2 ½ cups water
- 2 15-oz cans black beans, rinsed
- 1 14-oz can diced tomatoes
- 4 tsp lime juice
- ½ cup chopped fresh cilantro

DIRECTIONS

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

<https://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/>

How Muscles Affect Back Pain



(continued from outside)

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

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips 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.

Contact our clinic today

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

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>
<https://bjsm.bmj.com/content/54/21/1279>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>



(479) 855-9348



www.FYZICAL.com/bella-vista



Gardening Tips



Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities. Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine. Here are a few tips to ensure you avoid injury and make the most out of gardening this season:

- 1. Warm-up first.** Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.
- 2. Practice proper technique.** One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis. When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.
- 3. Take breaks.** Taking frequent breaks or alternating tasks such as digging, lifting, and walking is beneficial for your body. Adding in some simple backbends before starting can also help decrease your risk of pain or injury. Are you ready to enjoy gardening this season? Practicing these three tips will help you prevent injury and make the most out of this season!

Patient Success Story

"I'm now 5 visits in and my mobility is returning!"



"Both my husband and I have been and are being seen by the team at Fyzical. He was treated after a hip fracture, and I for neck pain. I had already been through a round of PT elsewhere, seen a pain management MD, and was very skeptical of the time investment to go through another round of treatments. The difference after 2 treatments was amazing. I'm now 5 visits in and my mobility is returning. My husband had a complete recovery after following the prescribed sessions for his hip. He returned several months later for a back complaint and said he feels better than ever. We highly recommend the services at Fyzical!!! The variety of treatment modalities exceeded all expectations. The entire office staff is friendly and professional."

— Karen B.

At-Home Exercise

Use This Exercise To Strengthen Your Back

SEATED SCIATIC NERVE TENSIONER

Sit in a chair with one foot flat on the ground and the foot on the side you want to work flexed with your toes pointing towards your face. Lift one lower leg by lightly contracting the upper thigh while simultaneously lowering your head, slowly tucking your chin towards your chest and exhaling. Slowly return to start. Repeat 3 sets, 10 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Access a pain-free life and do what you love, comfortably!

Schedule Your Appointment:

(479) 855-9348



FYZICAL
Therapy & Balance Centers