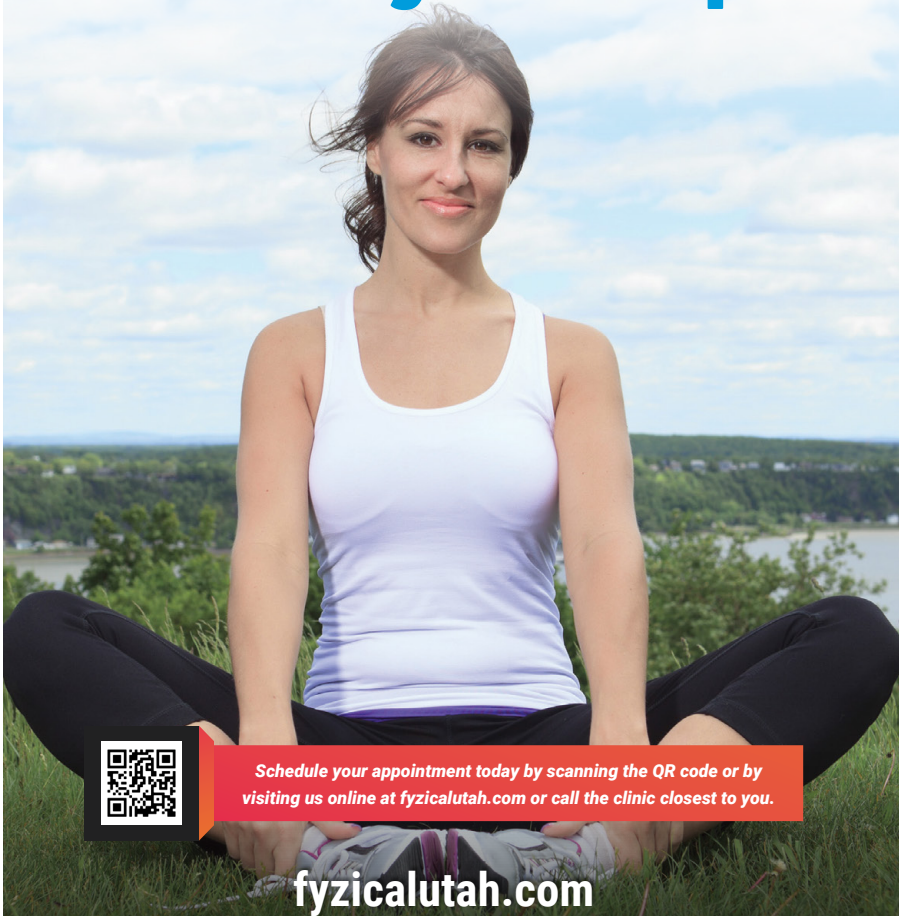




FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

Is Your Back Pain Caused by Your Hips?



Schedule your appointment today by scanning the QR code or by visiting us online at fyzicalutah.com or call the clinic closest to you.

fyzicalutah.com



Is Your Back Pain Caused by Your Hips?

We can help you find relief!

The Centers for Disease Control (CDC) states that over 80% of the population will experience back pain at some point in their life. In fact, the World Health Organization estimates that approximately 149 million workdays are lost due to back pain. While millions of Americans experience back pain, the majority of back pain cases are non-specific, meaning that there is not a primary cause, such as a fracture or disc protrusion.

With non-specific back pain, there are usually 3 common factors that are contributing to it:

1. Poor posture.
2. Weak core and gluteus muscles.
3. Poor hip flexibility.

You may be thinking, "What do my hips have to do with my back pain?" Well, your hips have a very large range of motion that works together with the movement of your back. Your hips contain thick Y-shaped ligaments known as "iliofemoral ligaments" that work to provide support. With prolonged sitting over weeks, months, or years, these ligaments shrink, reducing the natural movement of the hip joints.

When the iliofemoral ligaments shrink, they begin to yank and pull on the pelvis, which is attached to your spine – thus causing back pain. Additionally, this can cause the pelvis to tilt, altering the posture of your spine and increasing strain.

Luckily, this can be resolved by improving your hip mobility. Contact FYZICAL Therapy & Balance Centers today to find out how!



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HOW CAN I TELL IF MY HIPS ARE HEALTHY?

Your hips are part of a kinetic chain, meaning that they make up a combination of weight-bearing joints that must function together in harmony in order for your body and posture to function properly. If one part of the kinetic chain is out of balance, stress may be placed on another part of the body – such as the back.

Fortunately, you can test your hip mobility with some at-home tests. If you notice that any of these bring you pain or discomfort, don't hesitate to contact FYZICAL Therapy & Balance Centers as soon as possible to find relief.

1. Hip Mobility Test

- Lie on your back with your legs straight out.
- Cross one ankle above the other knee, cross-legged in a "figure 4" position.
- Keep your ankle pressed on the other leg, but now lower the raised knee to the side. Does it lower close to the ground?
- Repeat on the other side and see if there is a difference.
- This might indicate a hip motion problem and cause back pain or hip discomfort on that side.

2. Hip Squatting Test

- Keep your knees parallel, facing forward.
- Squat down as far as you can, keeping your feet and heels flat on the floor.
- If you feel a lot of pressure in your knees or calf muscles, you could have a hip movement problem.
- Try again in front of a mirror. Does your body want to go to one side? This can indicate a hip motion problem on one side.

Find relief for your back pain today!

If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it is originating from your hips, contact FYZICAL Therapy & Balance Centers today to consult with one of our physical therapists. Your physical therapist will conduct a comprehensive exam to determine the best individualized treatment plan for your needs. This will include targeted stretches and exercises in addition to any pain-relief modalities your physical therapist deems fit. Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function. Contact us today to get started on the first steps toward relief!

Refer A Friend



Relieve Pain In Minutes:

Try this stretch if you are experiencing hip pain.

Helps Strengthen Your Hips

 SimpleSet Pro
www.simpleset.net

HIP FLEXION AROM - BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Hold for 30 seconds. Return to the start position with control. Alternate legs.



Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

Have Them Call Us Today!
They will thank you, and so will we!

fyzical.com/utah

Make Hydration a Habit!



- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H2O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

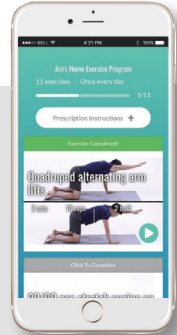
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Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. *Reach out to us or visit our website at fyzical.com/utah to learn more about this program.*



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



Has Your Pain Come Back?

Come back in for physical therapy!

Provo Address: 3303 North University Avenue Provo, Utah 84604 (801) 373-7438	Lehi Address: 3401 North Center Street Suite #200 Lehi, Utah 84043 (385) 309-1951	Orem Address: 360 South State Street #C110 Orem, Utah 84058 (801)-850-9146
Ogden Address: 1221 E 5800 S South Ogden, UT 84405 (801) 476-2000	Midvale Address: 6717 S. 900 E. Suite 201 Midvale, Utah (801) 649-4690	



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