



FYZICAL[®]
Therapy & Balance Centers

JANUARY, 2021

NEWSLETTER

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IS BACK PAIN SLOWING YOU DOWN?



INSIDE:

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CONQUER ANYTHING WITH RELIEF FROM BACK PAIN



Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

What Causes Back Pain? A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big

FREE

DISCOVERY VISIT

BIG DEAL

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Offer expires 03/01/21

problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

Back Pain Solutions. You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular. Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

BACK PAIN PREVENTION

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Lift Properly.

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture.

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

Use Strength Training.

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. **You deserve a pain-free life, and your back will thank you.**

Sources: <http://www.apta.org/>
<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

CONTACT US AT (703) 368-7343



NEW YEAR, NEW YOU

With a new year comes a fresh start to an all-new you! Start the year off right by taking advantage of your renewed benefits early! Make the most of your 2021 benefits to achieve those New Year's resolution goals! The earlier you start your physical therapy, the sooner you can meet your insurance deductible for the year and avoid ending up with unused money in your FSA or HSA account.

Our highly experienced team offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Let FYZICAL help you on your journey to becoming stronger, healthier, and more active in 2021.

IMMUNITY-BOOSTING CITRUS SMOOTHIE

INGREDIENTS

- 1 cup frozen mango chunks
- juice of 1 lemon
- 1/2 tsp ground turmeric
- 1/4 tsp ground cayenne pepper
- 3/4 cup orange juice

- 2 tsp fresh grated ginger
- 1 small red beet, chopped
- 1 cup frozen raspberries
- 1 blood orange/grapefruit, segmented
- 1/2 cup pomegranate juice
- honey to taste (optional)

DIRECTIONS

In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, and orange juice. Blend until completely smooth, adding more honey if needed to sweeten. Pour into a tall glass. Rinse the blender out. Combine the beets, raspberries, orange, and pomegranate juice. Blend until smooth and creamy, adding more pomegranate juice if needed to reach your desired consistency. Pour over the mango mixture and stir gently to swirl.

www.halfbakedharvest.com/immune-boosting-winter-citrus-smoothie



Exercise To Do At Home

Stretches Back

SUPPORTED BRIDGE

Lie on your back with knees bent and feet hip distance apart. Place your feet close enough so they can be touched by your finger tips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.



www.simpleset.net



PATIENT SUCCESS SPOTLIGHT

“I have to say that after just three visits, my back pain was reduced by almost 30%. I was thrilled! I continued visiting for another 4 weeks and by the time I was finished with my treatments, I was 100% pain-free! No surgery, no medications. I was riding my bike again and walking my black lab” - **Bill D.**

Schedule an appointment today!

703-368-7343



REFER A FRIEND

Do you have any friends or family unable to do the following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods of time comfortably
- Live an active and healthy lifestyle
- Walk for long distances

Who do you know that could benefit from therapy? If you know someone suffering with aches and pains, refer them to FYZICAL today. **Pass along this newsletter or have them call for a Free Pain Consultation.**

To: _____

From: _____

STAFF SPOTLIGHT:

**DAVID E. EBBECKE, PT, DPT, MBA
OCS, CERT. DN, OWNER**

Since 1997, David has been helping individuals in Prince William County overcome pain and disability. Following in the footsteps of his friend and mentor, David S. Mizener, David took ownership of Piedmont Physical Therapy, Inc. (formerly Mizener, Ebbecke & Associates) in 2009, and continues to see patients in the clinic daily.

David had his sights set on a career in the healthcare field from a young age. He chose physical therapy after witnessing the positive impact it had on his father who was suffering from a painful shoulder injury at the time.

Drawing from an extensive background in orthopedics and sports rehabilitation, David integrates his skills as a manual therapist and exercise specialist to assist patients in living a life without pain and reliance on pain medication. He has published numerous articles on managing and avoiding common musculoskeletal injuries.

David's Credentials & Practice Experience:

- Master of Physical Therapy (MPT) from Shenandoah University in 1996.
- Certification in Manual Therapy (MTC) from The University of St. Augustine in 2001.
- Doctorate in Physical Therapy (DPT) from Shenandoah University in 2004.
- Orthopedic Clinical Specialist (OCS) certification in 2006 recognizing advanced clinical proficiency in orthopedic physical therapy practice.
- Took ownership of Piedmont Physical Therapy, Inc. in 2009.
- Certified practitioner in Trigger Point Dry Needling from Kinetacore in 2013.
- Titleist Performance Institute (TPI) Level III golf fitness instructor certification (Medical) in 2014.
- Certified Functional Medicine Practitioner (CFMP) from Functional Medicine University (FMU) in 2018.

