



YOUR BACK PAIN CAN BE CONNECTED TO YOUR NECK PAIN

DISCOVER HOW WITH PHYSICAL THERAPY

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HOW LOWER BACK PAIN & NECK PAIN ARE CONNECTED

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine connected. At FYZICAL, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other. The good news is that with guidance from our physical therapists at FYZICAL, you can find solutions to your pain and learn how to help prevent future episodes!

How pain in the spine is connected to your neck. Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns

can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.

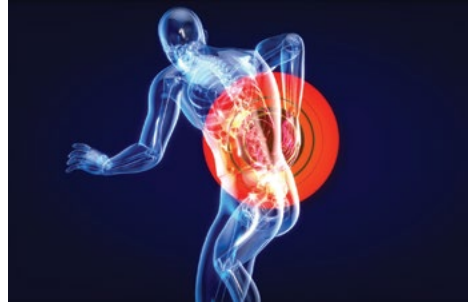
HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas. After your initial consultation, we will create a specialized treatment plan based on your specific needs. At FYZICAL, our physical therapist's end goal is the same as yours – to get you feeling better!

What to expect in physical therapy. After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

Limit Sitting For Too Long. Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture. Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a “good” posture.



For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out -- lifting you up -- keeping your hips, spine, shoulders, and neck aligned. Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

Call our clinic today. Visit a physical therapist at FYZICAL for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

Source: https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3889545/>
<https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>

CONTACT US!

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OVERNIGHT BLUEBERRY FRENCH TOAST

INGREDIENTS

- 12 slices day-old bread, cut into cubes
- 16 oz cream cheese, cut into cubes
- 2 c fresh blueberries, divided
- 12 eggs, beaten
- 2 cups milk
- 1 teaspoon vanilla extract
- 1/3 c maple syrup
- 1 c white sugar
- 2 tablespoons cornstarch
- 1 c water
- 1 tablespoon butter



DIRECTIONS

Lightly grease a 9x13 in baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 c blueberries over the cream cheese, and top with remaining bread cubes. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight. Remove the mixture from the refrigerator about 30 min before baking. Preheat the oven to 350° F. Cover, and bake 30 min. Uncover, and bake 25-30 min. In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3-4 min. Mix in the remaining 1 c blueberries. Reduce heat, and simmer 10 min, until the blueberries burst. Stir in the butter, and pour over the baked French toast.

Recipe: <https://www.allrecipes.com/recipe/15057/overnight-blueberry-french-toast/>

TELL US HOW WE DID!

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1. Open the camera on your smart phone
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 - One will allow you to give a rating and write the review as usual
 - The other will ask you to sign in
4. If you see the second screen asking you to sign in, click “Create Account”
5. Then click “Use my current email address instead”
6. Tell us how we did!



Mattoon Office



Sullivan Office

PATIENT SUCCESS SPOTLIGHT

“It was very rewarding and more than worth the time, effort, and cost. Mr. Kruckeberg was great at encouraging me. He answered all my questions and concerns. I am very pleased with everything. He is an angel. The staff is great. Thank you all.”

— Ann B.



A MOMENT WITH KRUCKEBERG



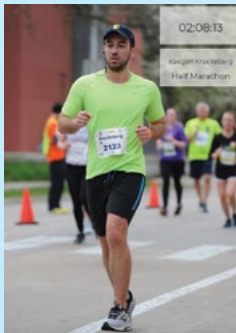
Dick Kruckeberg

May started off wet which is consistent with the rest of Spring. That really made it difficult to keep ahead of the algae. But I will not give up yet, even if I have to rake some out. Even so I hope we continue to get as least some timely rain. The rain and warm weather also brought out mushrooms for all the avid hunters. I have

hunted them on occasion but not often. Imagine my surprise when I found these next to my drive where I park my car. I hope others found many more “rooms” than this. We struggled with our early flowers as the deer enjoyed the tulips that we looked forward to seeing. Everything else we planted and will plant is now deer (and hopefully squirrel) resistant. May also



started off with races. Specifically, the Christie Clinic Illinois Race weekend. Due to lack of volunteers, they cut down the different races to a 5K, 10K, and ½ marathon. My son, Keegan, participated in the ½ marathon. This was his first so he was justifiably happy with completing the race. 13 miles seems like a long way to run. The race is amazing. Congratulations to all participants. Summer is here so get motivated to get your exercise program on. Need help? Call for a time to discuss it with me.



Exercise To Do At Home

Stretches neck

RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders and then tuck your chin towards your chest. Hold for 10 seconds and repeat 3 times.

 SimpleSet Pro
www.simpleset.net



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

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FYZICAL[®]
Therapy & Balance Centers