

N E W S L E T T E R

WARM WISHES
TO THOSE
AFFECTED BY
HURRICANE IDA

LIVING LIFE WITHOUT BACK PAIN

INSIDE THIS NEWSLETTER:

Understanding The Why
And How

Patient Success
Spotlight

Healthy Recipe

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N E W S L E T T E R

IT'S TIME TO SAY GOODBYE TO BACK PAIN, ONCE & FOR ALL!



Warm wishes to all of our patients and families affected by Hurricane Ida.

For some, back pain is a daily occurrence that dictates the way you live your life. Every movement, every motion is determined by the pain in your back. Standing, sitting, laying down, driving, walking or running — the pain persists.

What's more, recent research indicates that resting may not actually be the ideal solution for long-term back care.

In ages past, back pain was difficult to treat. If you experienced back pain, whether as a result of a work injury, trip-and-fall accident, or even just as a result of aging, the answer was almost always the same: head home, take a long rest, and give your back time to heal. This isn't the way that things go anymore, and for several reasons. To start, the world isn't as forgiving. Heading home and taking a long rest until your back is healed may work for some, but not for most. With deadlines and carpools and work schedules to keep up with, there needs to be an alternate solution to dealing with back pain that doesn't require you to completely remove yourself from your responsibilities.

What's more, recent research indicates that resting may not actually be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can cause the back muscles to weaken and can even weaken bone strength. This could lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

Physical Therapy for Back Pain. While rest and relaxation can help you overcome the immediate pain of a back injury, and may even be recommended by your physician in the early days following an injury, it is not a long-term solution. Physical therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain.

Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

(continued inside)

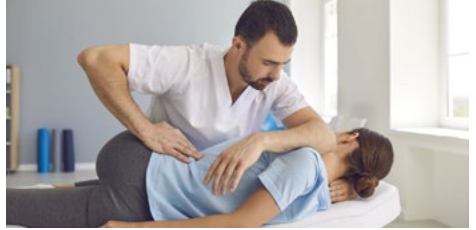
UNDERSTANDING THE WHY AND HOW

(continued from outside) There are a lot of different reasons that back pain can develop. Even when you break down injuries, whether from overuse or athletic pursuits, there are different problems that can develop. Sprains and strains are common, but so are issues with the vertebrae, blood flow, and even concerns regarding the spinal nerves.

You might be amazed to discover the different factors that could be influencing your back health. Such as:

- Your personal level of physical activity, including how often you exercise and the intensity of your typical workouts.
- The types of shoes that you wear, in addition to how frequently you walk in different types of shoes, particularly shoes that lack support or those with high heels.
- Prolonged engagement in sedentary behavior, including sitting at a desk for eight hours or more consecutive days of the week, or spending free time on the couch or otherwise relaxed.

Aerobic activity and strength training exercises actually make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and improving blood flow and nutrient disbursement throughout the back. When you are inactive, blood flow can actually become impeded, and this can have a negative effect on the overall health of your back and spine.



How Physical Therapy Helps. Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't. Simply going from sedentary activity to being active and healthy isn't an option — at least not so easily. It takes time and effort, and when back pain is obstructing you from getting started, it requires help. Physical therapy can help you overcome back pain by giving you the knowledge and support necessary to help your back feel better, giving you the option to get off the couch and push yourself to reach new goals. Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly, but instead are guided through the process of healing with gradual steps. **For more information about overcoming back pain, contact us.**

Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR BACK PAIN.

STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 10 seconds and repeat 8 times.

 [Stretching For Back Pain](#)



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

ARE YOU IN PAIN?

25% OFF

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To see what our product promotion of the week is, call our office or check out our Facebook page for the promotional post! Scan this QR Code to be directed to our Facebook page! Give our office a call for pricing or if you'd like to know more!



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SERVICE SPOTLIGHT

DRY NEEDLING

Dry needling is an invasive technique physical therapists use for the treatment of pain and movement impairments. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into areas of the muscle. Dry needling is not acupuncture, a practice based on traditional Chinese medicine and performed by acupuncturists.



What is a Trigger Point? A trigger point is a taut band of skeletal muscle located within a larger muscle group. Trigger points can be tender to the touch, and touching a trigger point may cause pain to other parts of the body.

What Kind of Needles Are Used? Dry needling involves a thin filament needle that penetrates the skin and stimulates underlying myofascial trigger points and muscular and connective tissues. The needle allows a physical therapist to target tissues that are not manually palpable. Physical therapists wear gloves and appropriate personal protective equipment (PPE) when dry needling, consistent with Standard Precautions, Guide to Infection Prevention for Outpatient Settings, and OSHA standards.

Why Dry Needling? Physical therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain or improve range of motion. Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation.

What type of problems can be treated with dry needling?

Neck Pain	Sciatica
Tension Headaches and Migraines	Hamstring Strains
Shoulder Pain	Calf Tightness/Spasms
Tennis Elbow	Hip Pain
Carpal Tunnel	Knee Pain
Golfer's Elbow	Ankle and Foot Pain
Back Pain	Plantar fasciitis

COCONUT APRICOT ENERGY BALLS

INGREDIENTS

- 1 1/2 cups dried apricots
- 1 cup raw cashews (can sub blanched almonds or macadamia nuts)
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 2 tbsp brown rice syrup
- 1/2 tsp vanilla extract
- pinch of salt



DIRECTIONS

Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least 2 hours to set.

Source: <https://choosingchia.com/coconut-apricot-energy-balls/>

HAPPY

THANKSGIVING!

The FYZICAL
New Orleans and
St. Bernard team
wishes everyone
a Happy
Thanksgiving!



PATIENT SUCCESS SPOTLIGHT!



My aches and pain are gone!

"My back pain is much better. When I started, I could hardly bend down or sit up. Now, I am very able, with your help, to move freely. My aches and pain are gone. I am very grateful for all your help and support and encouragements. I hope to continue exercising. Thanks a million! The atmosphere is great."

- **Sister Vincent W.**



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

NEW ORLEANS CLINIC

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ST. BERNARD CLINIC

504-277-6052

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