

HEALTH & WELLNESS



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

**NEWSLETTER**

**NOVEMBER, 2021**



# **GETTING TO THE CORE OF BACK AND NECK PAIN**

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## GETTING TO THE CORE OF BACK AND NECK PAIN

Back and neck pain are two of the most common issues that American adults experience, putting a huge physical and economic burden on working Americans by being both two of the leading needs for 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 common that neck pain and back pain are actually related. Core strength can have a huge impact on your overall health and wellness, and when your core is weak, it could add up to weakness in your neck and back.

### Neck Pain 101

There are a lot of 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 or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. What is more, addressing neck pain is sometimes difficult as there is so much potential to cause more damage to the neck. This is why working with a physical therapist to address neck pain is wise. A physical therapist can help treat neck pain by improving range

of motion, using targeted massage techniques, and by improving strength as needed. For example, in many situations, neck pain can be treated by improving core strength.

### Back Pain 101

Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. For this reason, back pain can frequently become a Catch-22 — avoiding the things that hurt your back could actually lead you to develop more pain in the future. Working with a physical therapist is the best way to cut your back pain issues in half. Physical therapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

*(Continued inside)*

# CORE STRENGTH AND BACK PAIN

*(Continued from outside)*

You may be surprised how frequently issues with the neck and back actually stem from issues with core strength. Your core refers to the muscles that make up your torso, including your abdomen. These muscles are called the core because they are at the center of your body, and they are necessary in just about every action that you engage in. Everything from walking and running and swimming to sitting and driving require you to engage your core.

There are a lot of reasons to improve core strength outside of any existing neck or back pain. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of developing further back pain in the future. Furthermore, the exercise that helps to improve core strength is often helpful in promoting weight loss, and for those who are overweight, this could also help reduce pain in the neck and the back.

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. There are a lot of ways that working with a physical therapist can help you improve your core strength. You may be encouraged to practice core exercises, for example, which may include abdominal crunches or leg lifts. Light weight-training activities are also frequently helpful, as are balance-based activities like yoga.

If you haven't spent much time building core strength in the past, give us a call today to schedule your next appointment.

# PRODUCT SPOTLIGHT BIOMEDICAL DRY NEEDLING

Dry needling is based on targeting the muscle tissue with the goal of reducing pain, swelling and restoring function. Dry needling is a treatment performed by our skilled physical therapists who are certified in the procedure! There is no extra cost for this, it would be included in your specific treatment plan provided by your physical therapist during one-on-one appointments!

How does it work? Many people question the difference between dry needling and acupuncture. While dry needling does use the same needles as acupuncture, they focus on two totally separate aspects of the body. Acupuncture focuses on energy pathways while Dry Needling directly targets your muscular system. Biomedical Dry Needling involves placing a small needle into the muscle at the trigger point in order to cause the muscle to contract and then release, improving the flexibility of the muscle and therefore decreasing the symptoms over time. This will cause an increase of blood flow to the targeted area which aids healing while releasing natural "feel good" chemicals such as serotonin and endorphins. Please contact our office today if you have any questions or would like to schedule!

## **Benefits of Dry Needling:**

- Non – Opioid Pain Relief!
- Reduced Pain
- Reduces Swelling
- Faster Recovery
- Ability to move freely again

## ROASTED CHICKEN WITH LEMONS & POTATOES

### INGREDIENTS

- 1 whole chicken left at room temperature for 30 minutes, giblets reserved for another use
- 2 tbsp extra-virgin olive oil
- Kosher salt & ground pepper
- 4 Meyer lemons, halved
- 2 lbs baby potatoes, halved
- 2 tbsp thyme leaves, plus sprigs for garnish



### DIRECTIONS

Preheat oven to 450 degrees. Arrange chicken on a rimmed baking sheet. Rub with 1 tablespoon oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165 degrees, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.

<https://www.marthastewart.com/1520506/roast-chicken-meyer-lemons-and-potatoes>

## KC'S CORNER



### **Happy Holidays Everyone!**

I know this can be such a busy, tough time of the year for everyone but make sure you are still taking care of yourself! At our physical office we're not simply here if you have surgery or have any type of injury but we want to keep you on track living the life you love! If you need to gain strength, balance or want to have a healthier lifestyle, me and my people are here for you! Since it's the end of the year there's a chance you have a lot of physical therapy visits left but they disappear on New Years. So make sure you come in and see us before that! I miss you all and hope to see all of you soon!

## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? **Call us today at (864) 834-4995** to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



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1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our review page)
3. Tell us how we did!



## PATIENT SUCCESS STORY



***"I was delighted to be able to resume cycling less than 2 months after surgery! In less than 3 months I was completely pain-free for the first time in a decade!"***

"They have a wide variety of techniques such as dry needling and very sophisticated equipment like laser treatment and Juvent machines (for bone and nerve micro-impact therapy) that you won't find at other PT facilities nearby. They constantly monitored my progress, and added or modified exercises and treatments to maximize my healing. I was delighted to be able to resume cycling less than 2 months after surgery! In less than 3 months I was completely pain-free for the first time in a decade! I did a 6-mile hike with 1,000 feet of climbing with no pain whatsoever. They are masters of their craft, and will get you where you want to be."

-Erich P

**REFER A FRIEND**

## GET A FREE FYZICAL T-SHIRT

We're so thankful for all of you, We hope you feel the same about us too! Tell your friends and family to come our way, There's no better time to start than today!

\*If you refer someone to us before the end of the year, please let us know so we can give you a FREE T-Shirt!\*