Anatomy Physiotherapy Clinic

N E W S L E T T E R

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Is Your Back Pain Slowing You Down?

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 North American 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 APTA 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 & 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 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, physiotherapy 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.

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

CALL US TO SCHEDULE AN APPOINTMENT TODAY!



Some Helpful Tips To Prevent Future Back Pain

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 right, 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 that 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 physiotherapist, 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!

Are you letting back pain hold you back? Call Anatomy Physiotherapy to schedule your appointment today!



Staff Spotlight

Andrew Dings, Registered Physiotherapist, FCAMPT

Andrew has been a Registered Physiotherapist since 2011. He is bilingual and a graduate of the Masters of Physiotherapy degree from the University of Ottawa. He previously graduated from the University of Ottawa in 2009 with an Honours degree in Human Kinetics. He furthered his education by graduating from the Masters of Clinical Science (MCISc) in Manipulative Therapy from The University of Western Ontario in 2015. He is certified in Gunn IMS (Intramuscular Stimulation), a neuropathic model of dry needling. He also treats vestibular and inner ear difficulties, such as BPPV and vestibular neuritis/labyrinthitis.



Patient Success Spotlight

"Andrew has treated me for over 8 years for many issues as well as running maintenance and I didn't hesitate to follow him to his newly opened clinic. They are smart, thorough, caring, punctual, up-to-date and personable! I could go on & on! The clinic staff and any other practitioners are also always excellent." ***– K.C.***

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Coconut Caramel Popcorn

Healthy Recipe

Ingredients

- 1/3 cup French vanilla Coconut Creamer
- 1/2 cup unpopped kernels
- 1/2 cup vegan butter
- 3 Tbsp agave nectar, amber
- 1/2 cup dark brown sugar
- 1/2 tbsp cinnamon
- 1/4 tsp salt
- 1/4 cup dried coconut flakes, unsweetened, toasted
- 1 tsp vanilla

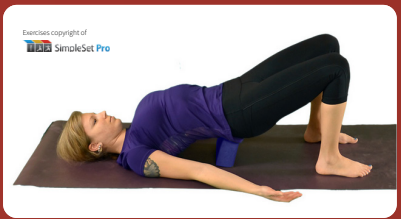
Instructions

Pop favorite popcorn from yellow corn kernels over stove top or use favorite microwave popcorn brand. Spread on baking sheet and set aside. In a saucepan, melt vegan spread and stir in agave, brown sugar, cinnamon, and salt until dissolved. Take the pan off the heat and slowly whisk in the creamer until well combined. Return to heat, and continue to whisk for 10 minutes or until sauce reaches an amber color and thickens enough to coat the back of a spoon. Stir in coconut flakes and vanilla. Let cool slightly before drizzling over popcorn. Drizzle mixture over popcorn and blend in with a spatula. Serve immediately.

Exercise Essentials

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 the 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.



Sudoku Puzzle

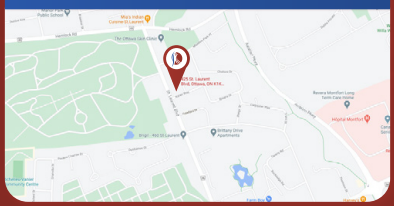
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NEW LOCATION!

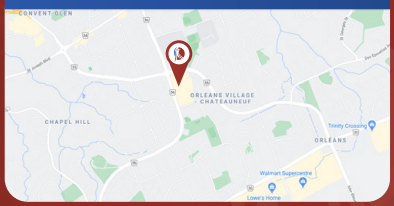
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