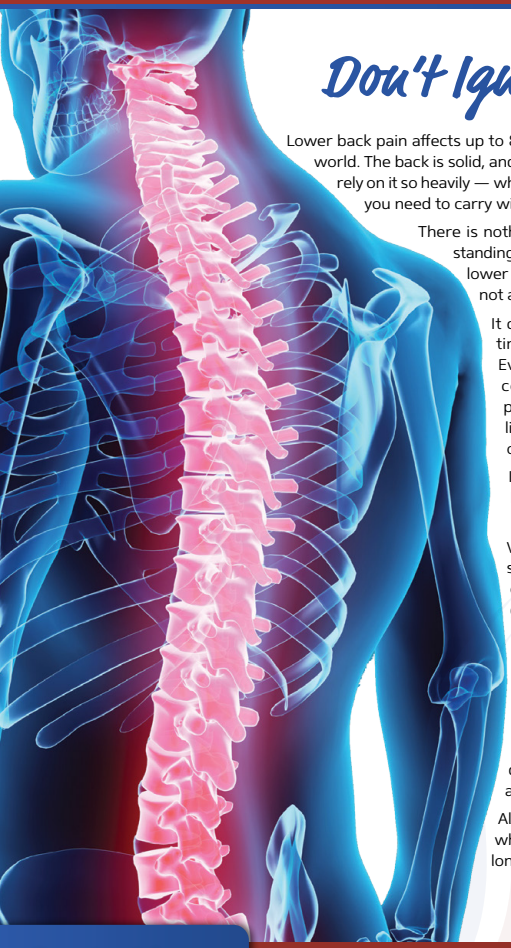
Anatomy Physiotherapy Clinic

NEWSLETTER



Don't Ignore Your Back Pain

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving — your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physiotherapist to guide them to relief and proper management for the future.

For many people, physiotherapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people who, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

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See Inside

- *Exercise Essentials*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

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DON'T IGNORE YOUR BACK PAIN

Continued from previous page.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is often associated with older individuals and women. Chronic pain is also more common with overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physiotherapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

Physiotherapy Is An Effective Solution For Your Back Pain

Your physiotherapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.

Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.

Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

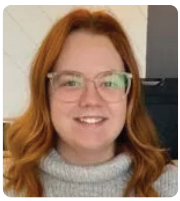
Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physiotherapist, you can find solutions and get back to living the life you enjoy!

Call Today To Make An Appointment

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible. Back pain can become chronic without proper guidance from a skilled physiotherapist!

Working with a physiotherapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all. Call today to make an appointment!

STAFF SPOTLIGHT



Kristen Langdon

Client Service Representative

Kristen is one of our client service representatives, and she is always ready to answer any questions you may have. She loves meeting new people and interacting with them and prides herself on creating a warm welcome for any clients that come into the clinic.

When she's not in the clinic she's usually in class continuing her studies in International Business at Algonquin College, or taking her adorable beagle Finn on many adventures!

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HEALTHY RECIPE



INGREDIENTS:

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

DIRECTIONS: Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2–3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

PATIENT SUCCESS SPOTLIGHT

"If you want the best in physio care, these are the clinics for you!"



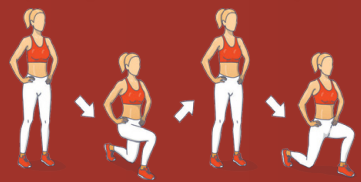
"If you want the best in physio care, these are the clinics for you! Andrew has treated me for 10 years now for a host of issues as well as running maintenance and I didn't hesitate to follow him when he opened his own clinic in 2019. Although I tried other practitioners years ago (sometimes to use up other benefit types!), I always ended up back with Andrew for the fix. Smart, thorough, caring, punctual, up to date and personable! I could go on & on! Anatomy's practitioners & clinic staff are also excellent in all 3 clinics! I think I've referred half of our ski community, neighbors & co-workers to Andrew & Anatomy Physio over the years and all are still satisfied clients whenever the need arises. Go Anatomy!"

– Karen C.

Exercise Essentials

WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 times.



Try this simple exercise to help improve strength and coordination.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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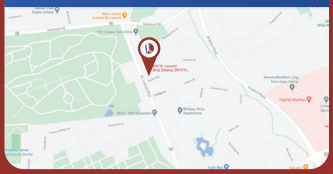
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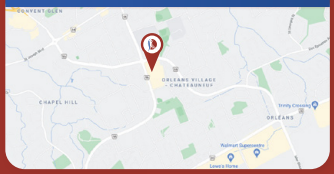
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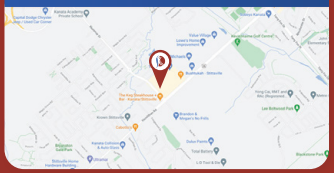
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