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**k i n t s u g i**  
PHYSICAL THERAPY & WELLNESS

**Health & Wellness  
Newsletter**

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**PHYSICAL THERAPY & WELLNESS**



**Check Out Our New Newsletter!**

Take the first step to a healthier, stronger,  
and more active you! Call today!

**253.220.4317**



## INSIDE:

- Back Pain Relief For Runners!
- Patient Experience
- Healthy Recipe
- Exercise To Try At Home

# DO NOT LET BACK PAIN SLOW YOU DOWN!

*Get back on track with Kintsugi PT and Wellness*

Back pain can be one of the most debilitating conditions, affecting up to 80% of the population at some time in their life. Unfortunately, some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction and even nerve damage.

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. The good news is that with guidance from your physical therapist you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

## What We Know About The Causes Of Back Pain

Mechanical low back pain starts in and around the spine itself. The source of the 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.

The contributing factors often associated with back pain are:

- 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)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing — except for medication and rest — can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

## Physical Therapy Is An Effective Back Pain Solution!

You're in luck: For most people, back pain resolves on its own. And for those that continue to experience pain, physical therapy can help.

According to research on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

*Continued inside.*

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# DO NOT LET BACK PAIN SLOW YOU DOWN!

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Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will address all of the causes.

We are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

## Back Pain Prevention

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.

**Limit Sitting For Too Long** — Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective 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 any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders and neck aligned.

**Use Strength Training** — Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train the muscles of your hips, pelvis and spine — your core muscles.

## Call Our Clinic Today

Visit a physical therapist for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!



## HEALTHY RECIPE

### Easy Mango Protein Smoothie



#### INGREDIENTS

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

#### DIRECTIONS

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

## EXERCISE TO TRY AT HOME

### DOUBLE KNEE TO CHEST

Try this exercise to help relieve low back pain.

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



## BACK PAIN RELIEF FOR RUNNERS!

Did you know that the way you run, could be causing your back pain? Most people have something in their style of running that can cause long term wear and tear. For example, a foot turned-out, a weak abdomen or poor posture contributes to stress on their body. Kintsugi Physical Therapy & Wellness's experts are trained to treat running disorders and teach corrective running techniques. By changing the way you run, it is possible to eliminate and prevent back pain.

On a daily basis, you run more than any other physical activity. How you run defines almost everything about you, including your physical abilities. We can help you discover that something about the way you run, may be the reason you have pain and help you change it.

### You Run Over A Million Steps In A Year

Your run involves many body parts, all interacting together to produce your running style. It's as natural as breathing, and if any of your six (two ankles, two knees, two hips) weight bearing joints are not in good alignment, you're at risk for structural pain. One minor running error repeated millions of times can do an incredible amount of damage to your back, muscles, nerves and joints. This can eventually cause pain and arthritis.

Often, the cause of back pain is poor strength – specifically, weak abdominal muscles. The pelvis is held in place by numerous muscles, including the abdominals, hamstrings, gluteals and hip flexors. An imbalance or weakness in these muscles can lead to pelvic misalignment, causing the pelvis to tilt forward or backward. Forward tilt of the pelvis leads to a sway back.

In addition to abdominal weakness, a lack of strength in the gluteals and hamstrings leads to forward pelvic tilt. While the abdominals stabilize the pelvis by pulling upward on the front, the gluteals and hamstrings offer stability by pulling down on the rear of the pelvis. Exercises must be done to strengthen both the abdominals and gluteals. Running gives the gluteals a good workout. The abdominal muscles can be conditioned through physical therapy and easy weight training exercises.

The physical therapists at Kintsugi Physical Therapy & Wellness can help analyze your running style and help get you on a path to being a stronger and safer runner.



## PATIENT EXPERIENCE

“ They always have positive energy, listen to my body issues and provide solutions that work. ”

*“Christi and her team are amazing! They always have positive energy, listen to my body issues and provide solutions that work. They are also patient with me (no pun intended!) as I want my body to heal faster than it's capable of – very understanding and knowledgeable.” –Valerie D.*



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.

Thank You!

## SPORTS INJURIES

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! Our physical therapists are highly trained movement specialists. Through physical evaluations, they will be able to examine your moving body in order to decide the best treatment plan for your specific needs.

Contact Kintsugi Physical Therapy & Wellness today!

## Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

KintsugiPT.com

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