



**SLOW  
COOKER  
PUMPKIN PIE  
OATMEAL**  
RECIPE INSIDE



# **IGNORE BACK PAIN AT YOUR OWN RISK!**

**Find solutions to your pain and get  
back to living the life you enjoy!**



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

**253.220.4317**

## IGNORE YOUR BACK PAIN AT YOUR OWN RISK!

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 physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy 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, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.



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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 associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist 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.

### Physical Therapy Is An Effective Solution For Your Back Pain

Your physical therapist 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 physical therapist, you can find solutions and get back to living the life you enjoy!

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 physical therapist!

Working with a physical therapist 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!**

## SLOW COOKER PUMPKIN PIE OATMEAL



### INGREDIENTS

- Cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

**DIRECTIONS:** Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.



## EXERCISE TO TRY AT HOME

### SEATED LUMBAR FLEXION

*Try this exercise to help relieve lower back pain.*

Start by sitting in a chair with feet flat on the floor and slightly wider than shoulder width. Slowly lower your torso forward, reaching your hands down towards your feet.



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# MEET LAURA DOUGLAS



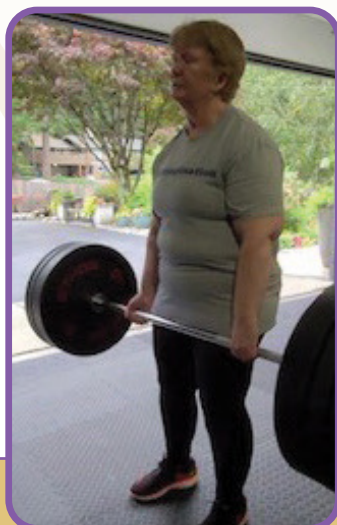
## Laura Douglas, PT

Laura has been a Physical Therapist for 26 years. She got her undergraduate degree from Western Washington University in Exercise Science and then went on to earn her Bachelor of Science in Physical Therapy from the University of Washington, graduating in 1993. Also, she has been working exclusively in outpatient orthopedics for the past 22 years. Enjoys working with teens through senior citizens treating orthopedic injuries, musculoskeletal dysfunction and post-operative rehabilitation. Her belief is that there is always more to learn about the body and strives to find the most effective treatment techniques to get results that her patients can see and feel right away and provide education regarding their condition to empower them to better manage their symptoms independently between sessions and throughout their lives. The past 3 years she has focused her continuing education on courses to treat Pelvic Floor Dysfunction including the use of biofeedback equipment as well as courses through The Institute of Physical Arts for the core and pelvic girdle. Through the Titleist Performance Institute, she has certifications for: The Body-Swing Connection (Golf Screen), Golf Fitness, and Medical for treatment of golf-specific injuries and golf-specific rehabilitation. Moreover, she is also certified in the use of K-Coach which provides 3D data for assessment of the golf swing as well as constructing personalized, biofeedback driven programs with training drills and exercises. In addition, she just celebrated her 25th Wedding Anniversary on NYE 2019 and has 2 boys, Freshman and Sophomore, at the UW so the Husky tradition continues. In her free time, she likes to go to movies and travel to hot sunny places in the winter. She has become a real rugby fan with season tickets for the Seattle Seawolves, Seattle's Major League Rugby team.

## PAST PATIENTS DOING WHAT THEY LOVE

### Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



# PATIENT EXPERIENCE

## TIM'S STORY

### Lower Back Pain

*"I can still swim a mile three days a week" —Tim*



Scan the QR code to see Tim's story on our Testimonial Page and hear in his own words how Kintsugi Physical Therapy help him.



### 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!**

## 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.

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