

# BACK TALK



## Your back pain can cost you millions

Did you know that back pain is the leading cause of disability in Americans under 45 years old and is the third leading cause of disability with people over age 45? If you could not work because of back pain that loss of income could cost you millions of dollars over your lifetime.

Back pain can severely disrupt your quality of life. If you do not believe it, watch the many late night infomercials for back relief products. They are targeting all those people who cannot sleep because of back pain.

Most people believe that back pain is part of growing older. That is nonsense. People have back pain because they rely on medication to cover up the pain instead of fixing the problem. As time goes on, the problem gets worse and the pain increases. If left untreated the problem can get so severe that it may lead to surgery such as discectomy, laminectomy or fusion. These surgeries are costly and do not always decrease your pain.

Now is the time to get rid of your back pain. There is no

reason that you should have to live another day with back pain, however old you are.

There is hope. Sport & Spine Physical Therapy has several Physical Therapists that specialize in back pain. They have helped thousands of people in the Winona Area get rid of their back pain. Start living your life to your fullest potential.

We get results. Call now at 507-474-6900 to schedule your appointment. Your pain is not going to go away on its own.

## Success Stories

"Lower back spasms BE GONE! The morning before my first day at Sport & Spine Physical Therapy I could hardly get out of bed. The treatments administered by my physical therapist have made me feel like a colt again. My selection of Sport & Spine is certainly one of the best in all my years. So again, back spasms BE GONE."  
—D.K

"When I first arrived, my pain was constant in my back and periods of issues in my legs. My mobility was also very limited. I have several back related issues and even went so far as to have an MRI and considered surgery. After the MRI, physical therapy was suggested and I chose Sport & Spine because of a past experience with a shoulder injury. The staff here were all great! My pain, while not gone completely, is significantly reduced and my leg problems are gone. I also have a new way to look at my motions and exercises I can do anywhere to help when needed in addition to being a daily part of my life."  
—D.A.

Save a Tree

If you would like to get our newsletter by e-mail instead of hard copy, e-mail us at: PRMarketing@sportnspine.com and request to be added to our electronic newsletter list and taken off the mailing list. The newsletter will be sent to you in .pdf format. Your e-mail address is strictly confidential and will not be sold to any third party.

Good Luck Vern

We would like to wish Vern Myers good luck. He is leaving Sport & Spine on August 28, 2009 after 2.5 years. He will be missed by all of us and by the community.

Welcome Kyla

Sport & Spine would like to welcome Kyla Blazek to our team. She was hired on as our PR/Marketing Specialist.

Kyla is new to Winona and is originally from Toledo, Iowa. She has two children, Cooper (4) and Macey (2). Her husband, A.J., is the new offensive line coach for the WSU Football Program.

She enjoys time with her family, most outdoor activities, and participates in marathons and triathlons.

Please welcome her yourself. Her e-mail is PRMarketing@sportnspine.com

Easy Lasagna Recipe

- 1 lb ground beef
- 28-32 oz. spaghetti sauce
- 1/4 cup water
- 1/2 tsp sugar
- Salt to taste
- 8 oz pkg. lasagna noodles (uncooked)
- 1 lb cottage cheese
- 1/2 cup grated parmesan cheese
- 3 cups shredded mozzarella cheese

Brown beef and drain. Add spaghetti sauce, water, sugar and salt. Simmer several minutes. In a 9x13 pan, layer 1/3 of the sauce, half of the uncooked noodles, half of the cheeses. Repeat layers. Cover with foil. Bake 350 degrees for 55 to 60 minutes. Let set 10 minutes before cutting. It may be prepared and set in the refrigerator before baking. This may add a few minutes to baking time.

Starting physical therapy is simple and fast

Many times people think that it is a difficult process to start physical therapy. For most it is a very simple process. Just call Sport & Spine (474-6900) tell us your insurance information and we can tell you if you need a referral from a physician. If you do not need a referral we can get you scheduled for your

appointment and usually within one business day if you request it.

For some, your insurance may require you to see a physician first. Fortunately the Winona Area is filled with wonderful physicians that frequently use physical therapy. They just need to write you an order to come and see us

and we can do all the rest. You can even download our "Patient Packet" form (under New Patients) from our website and have that completed before you see us. Our website is: www.sportnspine.com

"We Get Results" Why wait?