

BACK TALK



Six Possible Causes of Low Back Pain.

In the US, lower back pain is one of the most common conditions. In fact, at least four out of five adults will experience lower back pain at some point in their lives. The good news is, you can control ALL of these potential causes and reduce your low back pain! The causes are:

#1 A sedentary lifestyle and/or sitting for extended periods of time.

The American lifestyle has gravitated towards a decrease in activity. When you sit, your upper body weight is supported only by your lower back, however, when you're standing your ankle, knee, and thigh muscles take some of the pressure off your lower back. If you have a sedentary lifestyle or job simple things like getting up often, walking and stretching regularly can go a long way in the prevention of low back pain.

#2 Bad Posture. Posture simply refers to the alignment of

our joints. When your joints are in good alignment your body moves more efficiently and when your body is out of alignment the quality of your movement decreases, pressure increases in the unaligned area and you have less stability, all of which can cause back pain.

#3 Weak Abdominal Muscles.

The abdominal muscles help to maintain the position of the pelvis and lower back and stop the back from arching excessively. In individuals who don't experience back pain the abdominals, specifically the transversus abdominals, contract first, to stabilize the lower back before the arm or leg muscles contract to move your body.

#4 Weak Low Back Muscles.

Your body is like a chain, and it is only as strong as its weakest link. If you only exercise your abdominal muscles, then your overall core strength and back stability will be compromised. In

order to move efficiently, your abs and back must work together.

Try the exercise of the month!

#5 Poor Flexibility. When your body is inflexible, it does not move efficiently. If you lose range of motion and flexibility the body compensates for the lack of motion. This causes excess pressure to be placed on the area that has to compensate.

#6 Poor Exercise and/or Poor Lifting Technique.

When the lower back moves out of alignment it is more vulnerable to injury. It is critical to lift heavy objects with your legs instead of your back, bend your knees and keep the load as close to you as possible.

The lower back is very complex, and you should consult a licensed health care professional if you are experiencing back pain. Call us to improve your quality of life, 474-6900.

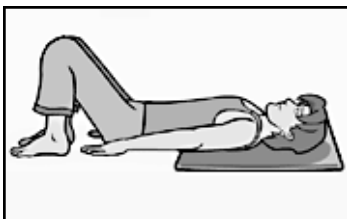


Figure #1



Figure #2

Exercise of the Month - Bridge

The Bridge exercise strengthens the glutes (butt), hips, hamstrings, abdominals and lower back.

You can increase the number of repetitions as you progress. If you can comfortably do 30 repetitions refer to Step 5 to make this exercise more challenging.

1. Lay down on your back, with your knees bent and your feet flat on the floor and your hands at your sides (You can do this exercise on the floor or even in your bed). See Figure #1.
2. Draw your navel in and keep contracted throughout exercise, keep breathing!
3. Elevate the hips off the floor and contract the glute (butt) muscles. Exhale. (Figure 2)
4. Slowly lower the hips toward the floor and repeat.
4. To make this exercise more challenging you can extend one leg and repeat Steps 1-4.

Sport & Spine
Physical Therapy
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Our Purpose:

To be a vibrant, growing group of individuals dedicated to providing a high level of health care; to help the greatest number of patients reach their maximum potential for their individual physical needs and abilities; and to get patients out of pain and discomfort and well on the way to an improved quality of life.

We are expanding!

Sport & Spine has opened a second clinic in the John Nett Fitness Center at Cotter. Appointments will be available for all K-12 students from Winona and the surrounding areas. This clinic will allow all students the opportunity to attend their physical therapy appointments at another convenient location. Call 474-6900 to make appointments.

NOW OPEN NOW OPEN NOW OPEN



Sport & Spine Physical Therapy
wishes you and yours a very
Happy Holiday!

Patient Success Stories:

“When I went to Sport & Spine I was using a walker and in a lot of pain. The staff at Sport & Spine worked with me and never pushed me to do anything I couldn't do. They helped me do things at my own pace and worked by my side all of the time. When I left the first day, I didn't need the walker to help me, and the pain was 70% gone. When I was done with physical therapy I was able to twist, turn, and bend my body without any pain. After completion of my physical therapy I was 100% free of pain.”
-J.C.

“I have been to two other places in town for physical therapy, but have never been as satisfied with them as I have been with Sport & Spine. The people that worked with me were very professional and courteous. I am now doing a lot better and know who I'll call if I ever need physical therapy again.”
-L.D.