

BACK TALK



What is "The Core"?

Over the last several years, *core* has become a popular buzzword. It has been thrown around by recreational exercisers, athletes, and definitely those people with injured backs. But really, what is the core?

The core is the connection between your shoulders and your thighs. Our core (or "trunk") is most often forgotten until back pain helps us remember that it's good to have a strong and smart mid-section.

There are at least 29 muscles supporting the low back, pelvis, and hips that stabilize the spine during even the most basic activities, such as walking and driving. The core is your

Powerhouse! All of your body movements originate from your trunk therefore making it critical to know how to activate the muscles involved. The core muscles must have strength, endurance, and coordination to work as a team. The more stable the core, the greater the strength of the arms and legs.

Core training is an effective way to decrease current low back pain and prevent future injuries. Physical Therapists are trained to detect problems and create training programs to match each person's needs and abilities. Call Sport & Spine today to determine if you would benefit from a core training program, (507) 474-6900.

Success Stories

"When I started therapy at Sport & Spine it was difficult to do even the most ordinary daily activities such as tying my shoes or walking the dog. It was tough having constant back pain and being unable to do the activities that make me happy. Sport & Spine helped me control the pain, get stronger, and get my life back. Thank you so much!"
- J.M.

"I came to Sport & Spine with a knee injury. I had seen multiple doctors at different clinics and nobody could fix it. Within 15 minutes the problem was identified and I was immediately started on exercises. Thanks to Sport & Spine I am able to do things I couldn't do before!"
- R.P.

"I came to Sport & Spine because I had on-going lower back pain. After several weeks of physical therapy we identified several stretches that started to relieve my back pain. I continued with the stretching several times a day and the back pain is all gone. I now realize I must continue to stretch and do my exercises to feel free of pain."
- B.J.

QUOTE OF THE MONTH

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

- Martin Luther King Jr.

CARE TO SHARE

Do you know someone who has been injured or is experiencing pain?

SPORT & SPINE PHYSICAL THERAPY CAN HELP!

Recommend someone to us! When they come in for their appointment, you will be entered in a drawing for 4 tickets to the WSU homecoming game, t-shirts, and Sport & Spine/WSU spirit gear for you and 3 other people.

Recommendation forms are available at our front desk or make sure your friend mentions your name when they make their appointment.

THE GREATEST COMPLIMENT WE CAN RECEIVE IS WHEN YOU REFER SOMEONE TO US.

YOU ARE INVITED!!!

Sport & Spine will be sponsoring the Winona State University homecoming game on October 3rd.

Come help us cheer the Warriors on to victory against the Southwest Minnesota State Mustangs. We will be outside the stadium enjoying tailgating games and food immediately following the parade. Please stop by and say "HI" or stay until kick-off.

Also, look for Sport & Spine in the homecoming parade to get your Sport & Spine/WSU spirit gear for the season.

CONGRATULATIONS!

Sport & Spine enjoyed a beautiful race morning for the Goodview Gallop this year and finished 8th in the corporate challenge. Great job and congratulations to all participants!

Bracing Needs

As fall sports get underway don't forget to come in and get fitted for orthopedic braces. Braces can give extra support or be used to prevent injury.

All of our knee, back, ankle, and elbow braces are of the best quality, offer the most support, and use the latest technology in their design.

Stop in any time, no appointment necessary!

New Reception Area!

Next time you come to visit Sport & Spine you will check in at the Gym reception station, which is across the hall from our normal check-in.

Why the change? We felt this would be easier and more comfortable for patients who are experiencing pain or have limited mobility. We hope this makes your visit an even better one.

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