



What NOT To Do When You're Struggling With Back Pain

Are you struggling with persistent lower back pain? Or have you had lower back pain in the past and want to avoid a recurrent episode? Physical therapy can help.

At OSR Physical Therapy, we take a results-oriented approach to dealing with back pain. Lower back pain is one of the most common impairments in the world. It is estimated that over eighty percent of Americans will experience it at some point in their lifetime. Furthermore, it is estimated that as many as 23% of adults suffer from chronic low back pain—that is, constant back pain that simply won't go away.

The most common type of back pain is non-specific low back pain, which means that a specific pathology doesn't cause the pain. Rather, over 90% of people's back pain is caused by injury or lifestyle factors. If you're one of the millions of people struggling with lower back pain, reach out to OSR Physical Therapy to schedule an appointment and learn more about back pain treatment and prevention.

What not to do when you're struggling with back pain

1. Don't slouch. Poor posture is a major contributor to lower back pain. Whether sitting, standing, or moving around, try to do so

with your spine in proper alignment. Otherwise, you risk straining the muscles in your back, leading to pain.

2. Don't sit too much. Prolonged sitting greatly impacts health in general, including our lower back. It throws the spine out of alignment and, over time, can lead to the degeneration of the disks in our vertebrae, both of which will cause pain. If you work an office job, consider investing in a standing desk. At the very least, try to get up and walk around every 30-45 minutes, even if it's just for a few minutes. A little physical activity will go a long way toward helping with back pain.

3. Don't risk injury. Mechanical low back pain—that is, back pain caused by injury—is the most common type of back pain worldwide. It's estimated that in the United States, 85% of the population will experience mechanical back pain at some point. To help mitigate your odds and avoid injuries to your lower back, make sure to use proper form anytime you lift something heavy. Lift from your legs, don't twist as you lift, and brace your core: these three simple steps will protect you from lifting-related injuries!



**We Can Help you Heal.
Call 602.607.4950 Today!**

What To Do When You're Struggling With Back Pain

• **Do have an ergonomic setup.** Creating an ergonomically sound working space can help prevent the postural issues caused by modern office conditions:

1. Set up your computer screen, so the top is at eye level, ensuring you aren't craning or hunching your neck.
2. Invest in a chair with proper lumbar support—just make sure you're still taking the time to move your body regularly!
3. Keep your device or book elevated to your line of sight to prevent a hunching posture.

• **Do strengthen your core.** Physical activity of any sort is one of the best things you can do to help with back pain. However, if you want a specific type of activity to focus on, try strengthening your core.

Many people think of the core as just the abdominal muscles, but in reality, it refers to the band of muscles that wraps around your torso, including the muscles of your lower back. Strengthening your core muscles will provide additional support to your spine, helping to ease the tension and reduce pain.

If you aren't sure how to get started with an exercise program, call OSR Physical Therapy today—we'll be delighted to help you find exercises to suit your needs and fitness levels!

• **Do seek treatment for your persistent pain.** If your lower back pain is interfering with your day-to-day life, reach out to OSR Physical Therapy. Our team of experts has a wealth of drug-

free pain management tools at our disposal, including spinal manipulations and mobilizations. These techniques have been shown to reduce low back pain when used in tandem with an exercise program.

It may be overwhelming to change everything at once; however, if you start with one or two of these suggestions every week, you will be on your way to a healthier you! In addition, our team of experts can work with you to determine the exact cause of your pain, allowing us to create a customized treatment plan just for you.

Call and request an appointment today!



Physical therapy at OSR Physical Therapy can help you feel better if you're struggling with lower back pain. Our experts are here to provide you with information, help you develop an exercise program, and reduce your pain with hands-on, drug-free techniques. Call and schedule your appointment at OSR Physical Therapy today!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK538173/> · <https://pubmed.ncbi.nlm.nih.gov/30252425/> · <https://pubmed.ncbi.nlm.nih.gov/32669487/>

At-Home Exercise

Posture Squats Facing Wall

Start by standing facing a wall with your feet just outside hip-width apart and your toes pointed slightly out. Slowly bend at your hips and knees to lower your butt toward the ground without hitting the wall. Make sure to keep your heels down. Drive through your heels to stand back up straight. Step closer to the wall if possible or farther if needed. 3 sets, 10 reps.

PT WIRED
www.ptwired.com

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PHYSICAL THERAPY



Always consult with your physical therapist or physician before beginning an exercise you are unsure of.

Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win
A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

Yummy Recipe: Chocolate Nut Bar



Ingredients:

- 2 c semisweet, bittersweet or milk chocolate chips, melted
- 1 ½ c assorted nuts, such as hazelnuts, almonds and cashews, plus more for garnish

Here's how to make it: Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.) Combine melted chocolate and nuts in a medium bowl. Scrape the mixture onto the foil and spread it into an approximate 12-by-9-inch rectangle. Sprinkle with additional finely chopped nuts, if desired. Refrigerate until set, about 20 minutes. Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1 1/2-inch pieces.

<https://www.eatingwell.com/recipe/249999/chocolate-nut-bark/>

Success Spotlight



We want to congratulate Michael on all the hard work he achieved with our Anthem team! Thank you for allowing us to get you again!

GOAL ZERO

DEHYDRATION DEATHS

5th

Annual Water Drive

55 = 2 CASES OF MUCH NEEDED WATER! | JUNE 5 - AUG 25

DID YOU KNOW...

Most heat related deaths occur in the month of July.

More deaths occur due to dehydration than fire, floods, hurricanes, and lightning strikes combined.

The blistering heat of day and night can take a life in a couple days.

HYDRATION SAFETY TIPS...

When performing outdoor activities, bring and drink plenty of water.

Start each morning with a glass of water.

Lightheaded, nauseous, sluggish, hunger pangs, and disorientation are all signs of dehydration.

ON YOUR BEHALF, OSR WILL DONATE MUCH-NEEDED LIFE-SAVING WATER TO THE HOMELESS AND HOME-BOUND THROUGH OUR COLLABORATION WITH ST. MARY'S FOOD BANK ALLIANCE. AND THEIR COOPERATION WITH PHOENIX'S LOCAL HEAT RELIEF NETWORK, YOU CAN BE ASSURED YOUR WATER DONATIONS WILL FIND ITS WAY TO THOSE WHO NEED IT MOST.

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Call us at 602.607.4950!



Check out This Yummy Recipe Inside!



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Start Healing Today!

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Dos & Don'ts To Of Lower Back Pain



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It's Easy To Request An Appointment!

Need to see a physical therapist for relief? Scan the QR Code to request an appointment today!



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