



DON'T IGNORE YOUR BACK PAIN ANY LONGER!

Read more inside on How Physical Therapy Can Help,
Kachumber Salad (Indian Salad), and 5 Benefits of Spring Cleaning!

[DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com)

Give us a call today at (203) 655-6464



DON'T IGNORE YOUR BACK PAIN ANY LONGER!

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 who, when left untreated, experience lower back for months leading to long-term pain and dysfunction.

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 with 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.



HOW PHYSICAL THERAPY CAN HELP

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!

Call Our Clinic Today

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.

Source

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>
<https://www.sciencedirect.com/science/article/pii/S1836955319300578>
<https://doi.org/10.1186/s12891-019-2594-0>
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<https://pubmed.ncbi.nlm.nih.gov/30252425/>
<https://pubmed.ncbi.nlm.nih.gov/32669487/>
<https://pubmed.ncbi.nlm.nih.gov/27285608/>



KACHUMBER SALAD (INDIAN SALAD)

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup packed chopped cilantro
- 1/4 tsp or more salt
- 1/4 tsp or more freshly ground black pepper
- 1/4 tsp or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

5 BENEFITS OF SPRING CLEANING

Have you been putting off spring cleaning? If so, you certainly aren't alone. With your hectic schedule, it can be easy to overlook this essential activity.

However, there are many reasons why you should include spring cleaning into your routine. *Here's 5 good reasons to make time for spring cleaning this season.*

1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!

5. You can donate unused items to others

Part of cleaning is going through old and unused items to see what can find a new home. Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized.

With so many benefits to spring cleaning, what are you waiting for? **Get started today!**



PATIENT SUCCESS SPOTLIGHT

"Mike Morgan is one of the most professional PTs I have ever known. I have recommended him to many of my friends over the last 20 years. He is very good at diagnosing what is wrong and then fixing the problem. I would highly recommend him." - Ron. R.

COVID-19 PRECAUTIONS



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

Your health is our highest priority. Give us a call at (203) 655-6464 or visit [DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com) today!