

DON'T LIVE WITH BACK PAIN



Physical therapy is the most effective treatment for back pain!

In a study* published in the *Journal of Evaluation in Clinical Practice* (September 2015) research showed that patients who saw a PT first recorded fewer imaging, specialist visits, spinal injections and surgeries. This same study noted that those patients who chose PT saved over \$2,000 per year in medical costs.

Not only does choosing PT as your first line of defense save you time, it also saves you money.

Chances are you've experienced back pain. More than 80 percent of us have dealt with back pain at some point. In fact, within the last few years, back pain has become the leading cause of doctor visits and reasons for missing work (American Physical Therapy Association, Oct. 2015). For many people, the discomfort is so severe that it makes daily activities such as work, exercise, sleep, and household chores difficult. For others, it's just an annoyance.

What can you do?

We often dismiss the issue due to lack of time, uncertainty of what to do or we hope the pain will resolve itself. By ignoring the pain, you could be making it worse. Be proactive about your back. Your back is the most important part of your body if you want to move. Getting a FREE consultation at any of

our locations is a great starting point for your back pain or obtain a prescription from your doctor to start PT!

Physical therapy can identify and resolve the root-cause of your back pain. At **HealthQuest**, we can also educate you and provide the tools to prevent the pain from recurring. Our physical therapists have specialized education to help improve mobility and provide you with an alternative to painful and expensive surgery. We manage or eliminate your pain without medication (and side effects). Don't let ignoring pain be your final answer, let us help you **get out of pain** today!

A 2010 review of 10 studies by the Independent Cochrane Collaboration found that people with back pain who were told to stay somewhat active reported less pain and had a faster recovery compared with those advised to stay in bed.

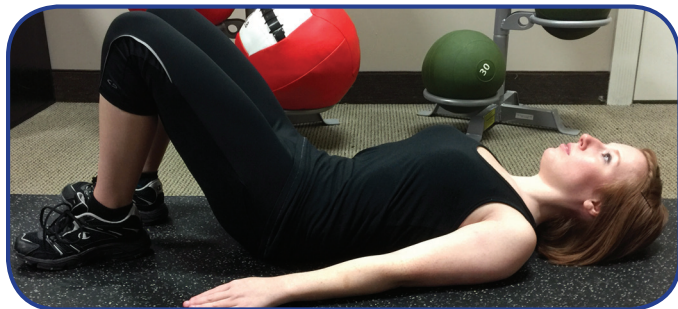
At **HealthQuest** we motivate, educate and rehabilitate, on our quest to help people live life well!
Call us toll free at 1-855- **HQPT** -4-ME to schedule your **free consultation** or **training session!**

* American Physical Therapy Association. "Study: Seeing a PT First for LBP Decreases 1-Year Utilization Rates Among Privately Insured." PT in Motion News, October 13, 2015. http://www.apta.org/PTinMotion/News/2015/10/13/LBPPTFirst/?utm_source=Informz&utm_medium=email&utm_campaign=Informz+email+link#.Vh7vNrU-4N8.email

"Good health is not something we can buy. However, it can be an extremely valuable savings account." - Anne Wilson Schaef

Exercise Essentials | Easy Exercises

Always consult your physical therapist or physician before starting an exercise regimen.



Bracing: While lying on your back, with knees bent, tighten your stomach muscles and flatten your back into the floor. Be sure also you do the following:

- Engage your glute muscles
- Pull ribs down toward abdominal muscles
- Set shoulders down and back
- Keep chin and neck in a neutral position

Hold as long as possible, up to 3 minutes. Perform at least 3 sets daily to strengthen core and protect back.



Hamstring Wall-Stretch:

Lie down on the floor with your knee bent toward your chest. Move closer to the wall until your buttocks touch it:

- Extend your opposite leg straight on the floor
- Slowly straighten your leg up the wall until a mild stretch is felt
- Hold stretch for 30 seconds and repeat 4 times
- Reposition body and repeat on other leg

HomeTown Trivia...

The Packard Motor Car Company in Detroit was the first to manufacture WHAT luxury in 1939?

Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on November 30, 2015)



Congratulations to our September HomeTown Trivia winner, Suzy P. from Waterford!

Patient Spotlight....

"You need surgery," the dreaded phrase for any patient to hear, especially Mari Rose Zeiser, of Macomb, since there was no injury and the pain simply appeared. After doctor visits, x-rays, and 4 long hospital nights, a MRI showed that she had a herniated disc. Her doctor suggested that PT would be a great first option if she wanted to avoid surgery. She had her first grandchild on the way and needed to get better. Her PT, Lynn S. and the **HealthQuest** team, spent 6 weeks together. Her pain was eliminated and so was the need for surgery! "I can't thank Lynn enough," Mari Rose said. "She met me where I was at, addressed my fears and gave me the best gift I could ever have..the ability to hold my granddaughter!"



Ask the Therapist...

Question: How can I prevent back pain?
(ie: posture, core strength)

Answer: Back pain can be prevented by having good postural alignment in all your daily activities. This includes sitting and standing at both work and home. In addition, back pain can be prevented with proper lifting techniques and bracing your core muscles during strenuous activities. Your physical therapist can set you up with a low back pain prevention program that will incorporate core strengthening, stretching and mobility work.

Question: What's the best way to lift
an object to prevent back pain?

Answer: The best mechanics for lifting begin with bracing through your core muscles, which protects your spine as you move. This is key! Then, a wider normal stance with your feet and bend through your hips and knees instead of bending through your lower back. This will also protect your spine. Finally, I advise my patients be sure to ask for help when lifting something heavy.



Share the Gift of Good Health!

Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!



This month's 'Ask the Therapist' is brought to you by Doug Schultz. He is the owner/director of our Shelby Township location. His wife, Lynn, is also a therapist at this facility.

Doug has many years of experience and advanced studies in Spine and Extremity Care, Strategic Orthopedics, Postural Restoration and Athletic Training. His true passion is athletics. "I take pride in creating individualized treatment plans for my patients in a positive environment to help them heal and return to normal activities. With many years of clinical experience, I still feel there is nothing better than helping patients achieve their goals!"

When not developing treatment plans or watching the Wolverines, you'll find him with his family. He and Lynn have 3 kids and they love to travel and spend time outdoors.

HealthQuest

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**SEE HOW WE CAN HELP
WITH YOUR BACK PAIN!**

COMING SOON: 2 NEW LOCATIONS!

We are so excited to announce the opening of 2 new **HealthQuest** locations! In early 2016, we'll be joining the West Bloomfield and Chesterfield communities. We would not be able to continue to grow without you, so thank you! Our biggest compliments have always been referrals, thanks for continuing to let us help your friends, family, and co-workers live life well. Don't forget to check your mail for your gift card for every patient you send our way! It's our small way of saying thank you!

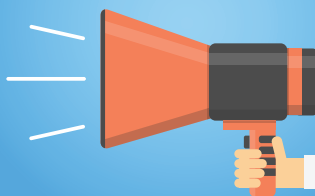
West Bloomfield:

Orchard Lake Rd. & Lone Pine Road

Chesterfield:

23 Mile Rd. & Sass Road (in the Creekside Plaza)

2 New Locations



Coming Soon



Call us toll free TODAY to schedule your FREE Fitness Assessment!

1-855-HQPT-4-ME

12 LOCATIONS TO SERVE YOU

Chesterfield
(586) 713-5590

Clarkston
(248) 922-9001

Clawson
(248) 435-8230

Clinton Township
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Lake Orion
(248) 393-7707

Macomb Township
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New Baltimore
(586) 436-3900

Oxford
(248) 236-0035

Rochester Hills
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Romeo
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Shelby Township
(586) 532-9602

West Bloomfield
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