

GETTING DOWN TO THE CORE

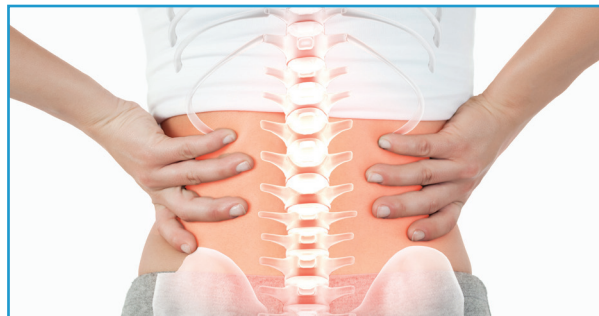


Nine out of 10 people will deal with back pain in their lives. Whether it's upper or lower back pain, this may be caused by weak abdominal muscles. Core strengthening is more than just achieving six-pack abs. Developing strong abdominal muscles will help keep your spine in optimum alignment, which will make you less prone to injuring your back. Since your abs are the front anchor of your spine, if they are weak, then the other structures supporting your spine (your back muscles, for example) will have to work harder.

Preventing back pain can be simple, if you know how to avoid it in the first place. Other than maintaining good posture with sitting or standing as well as developing core strength, there are a few key techniques that will help you steer clear of back pain:

- **Stretch regularly:** this is to combat frequent sitting; stretching for a few minutes a day is beneficial.
- **Incorporate proper lifting techniques:** use the strength of your legs instead of your back to lift.
- **Healthy Lifestyle:** extra weight is additional strain on your back; practice an active life and make healthy choices.
- **Sleep:** as with your mind, your spine needs rest, too. It supports the weight of your back, so make sleep a priority.
- **Core strength exercises:** If you think about it, your core is in the center of your body. It needs to be strong to support the weight of your entire body, including your back and neck. Adding core strengthening to your exercise routine can help protect your back and neck.

In a perfect world, all of us would follow all the above suggestions, however, we know it's not always that easy. If you or someone you love is experiencing back pain, let us help. Treating back pain with physical therapy will ensure that you get out of pain and learn how to prevent it from returning. Take advantage of our free pain assessment and see how we can help you!



ASK THE THERAPIST...



WHAT IS THE BEST SLEEPING POSITION WHEN I'M HAVING BACK PROBLEMS?

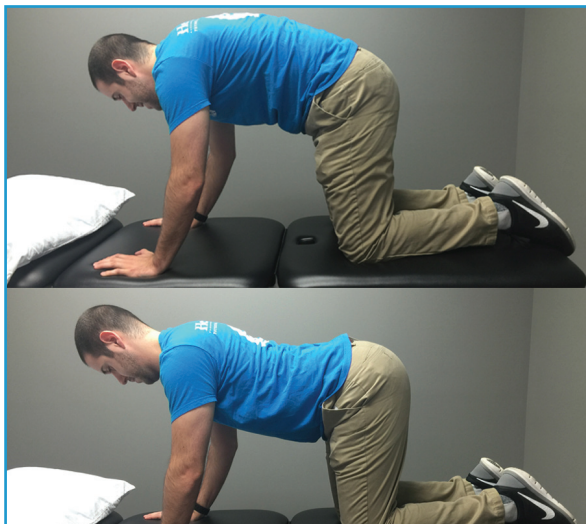
Sleeping can be difficult when you are having back aches and pains. Sleeping on your side or on your back can be the most comfortable. In any position, try to keep your back in a neutral position, not arched and not too flat, this takes some of the pressure off your spine. When sleeping on your side, place a pillow between your knees, and try to keep your top leg from falling over your bottom leg. You can also place a small rolled up towel under your waist. When sleeping on your back, place a pillow under your knees or get a bolster. Many will find that these positions help, but they don't work for everyone. Feel free to ask your therapist if you have any questions or if you need help finding a position that works for you!

This month's 'Ask the Therapist' is brought to you by Co-Directors of our New Baltimore and Chesterfield locations, Nicole Wargo (left) and Lichelle Lenk (right). Both Nicole and Lichelle started their career at our Clinton Township location and are excited for their newest location in Chesterfield.

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

EXERCISE ESSENTIALS

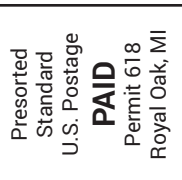


CAT AND CAMEL

- While on your hands and knees, in a crawl position, raise your back up and arch it towards the ceiling. Lowering your head towards the ground.
- Next return to a lowered position and arch your back the opposite direction. Raise your head to look at the ceiling.
- Hold each position for 5 seconds. Repeat 2 sets of 10 repetitions, twice daily.

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**DON'T LET YOUR BACK PAIN STOP YOU!
SEE INSIDE; WE CAN HELP**

What Others Are Saying About Us...

"When I came to HQPT, I had problems completing everyday tasks from my low back pain. Within a couple of weeks, **I'm back on my feet and ready to take on the world again.** The HQ team was amazing from start to finish, not to mention- friendly and professional. I'm so thankful and amazed!"

-Brian

"I came in with back pain and tightness and after my first visit I saw results. The whole team got me on-track with core exercises, which helped a lot and I will continue at home.

Everyone was professional, friendly and encouraging at a time when I was in pain...

I'd never go anywhere else!"

-Sara

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