

## THE CHALLENGES OF BACK PAIN



**B**ack pain is always a leading diagnosis seen by physicians in their offices<sup>1</sup>. Furthermore, 80% of all Americans will suffer an episode of back pain at sometime in their life<sup>2</sup>. Despite how common back pain is and trust us, we see it every day, there are many challenges that back pain sufferers must deal with.

### CHALLENGE #1: ANATOMY

Why is back pain so common? A lot has to do with the design of our body. It is the price we pay for walking upright on two legs. As humans, the force of gravity pulls directly down through the vertical spine, compressing it together over the years. In other mammals such as horses, apes, and cows, the spine is horizontal, and the pull of gravity does not compress the spine together.

### CHALLENGE #2: LIFESTYLE

Most back pain falls under the category of “mechanical” pain. Mechanical back pain means that the joints, muscles, and ligaments of the spine are not moving correctly at the right time. The spine has to move in intricate ways to make the

movements of bending, extending, and twisting. This can cause increased strain on certain parts of your back, especially the lower back. So how does my lifestyle negatively affect the mechanics of my spine and cause pain? This is due to a variety of reasons, including small traumas from lifting, bending and twisting, repetitive strain, accidents, weakness from prolonged sitting, and changes in your core strength. Most of our daily activities involve sitting, which causes our abdominal and back muscles to become weakened. This in-turn does not provide the necessary support to the spine and causes strain. The strain causes inflammation which leads to pain. The pain can be localized to the back area or even radiate into the buttocks or backs of the legs.

### CHALLENGE #3: ROOT CAUSE - TREAT BACK PAIN NATURALLY!

Millions of people every year rely on over-the-counter medication and prescription drugs (Opioids) to get through their day. The unfortunate reality is that 60-80% of people with back problems will have a reoccurrence of that back pain within 2 years<sup>2</sup>. This is because the cause of the problem, the mechanical movement, is not addressed and treated with drugs, which only masks the pain. More and more people are realizing the full benefits of manual physical therapy to address the cause of their back pain and learn what they can do to take control and have lasting relief. Physical therapy addresses the root cause of where your pain is coming from and provides lasting results so you can avoid the opioids and surgery and live pain free! If you are tired of your reoccurring back pain, frustrated with the limited activities you can perform, sick of taking medications and dealing with the negative side effects, call TODAY and schedule your **FREE PAIN ASSESSMENT** and take control of your back pain once and for all!

<sup>1</sup> Mayo Clinic Proceedings; January 2013. Volume 88, Issue 1, Pages 56-67  
<sup>2</sup> 30 Of The Most Surprising Back Pain Statistic. May 2017. www.thegoodbody.com

## EXERCISE ESSENTIALS

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



### SEATED HAMSTRING STRETCH

1. While seated, straighten one leg and rest your heel on the floor with your other leg bent.
2. Keep your pelvis forward and chest up and out
3. Place your hand on your bent knee and put your weight there (not pictured, Sheri wanted to emphasize pelvic position)
4. Gently lean forward through your hips until a stretch is felt behind your straight knee/thigh.
5. Hold 30 seconds and repeat 4 times each side, 2-3 times per day.

### WHY STRETCH HAMSTRINGS FOR BACK PAIN?

Tight hamstrings can predispose you to have low back pain because of where they are attached to your low back.

**(855) HQPT-4ME**

## OUR NEWEST LOCATIONS

Exciting things are happening at HealthQuest Physical Therapy. Our mission is to help our communities and that footprint is growing. We've opened a second location in Macomb Township and one in Southfield. We would not be able to grow without your support. Thank you for spreading the word to your friends and family, we are honored to be able to help them live pain-free, too! Don't forget, for every new patient you send our way, we thank you with a \$25 gift card!



### SOUTHFIELD

Northwestern Hwy & 12 Mile

**(248) 599-1166**



### MACOMB TWP (WEST)

Romeo Plank & 21 Mile

**(586) 250-3300**



Visit [www.HQPT.com](http://www.HQPT.com)  
for a listing of all of our locations

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PHYSICAL THERAPY AND MEDICAL FITNESS  
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Q/A

## ASK THE THERAPIST...

**WILL GETTING A MASSAGE ON A REGULAR BASIS HELP WITH MY BACK PAIN?**

**A** Getting a massage usually feels good, depending on the type you get. There are several reasons why people with low back pain resort to a massage - pain, tightness, or spasms. All of these reasons are signs or symptoms, which means that what you are feeling or seeing is a result of some underlying reason or cause. Getting a massage can be beneficial and is commonly used as a treatment in physical therapy, but it's only a piece of total rehabilitation. The key is to find out the *true cause* of why these exist; is it a muscle weakness/imbalance, flexibility, joint mobility issue, a biomechanical or movement problem or a combination? When you're treating a sign or symptom with a massage, you will probably get some temporary relief, but until you identify the root cause, you're likely to have this issue/pain return.

*This month's 'Ask the Therapist' is brought to you by the owners/directors of our Clarkson facility, George Carson (left) and Steve Lukens (right).*

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