



AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH!

Strengthen Your Spine

*Tips to help you improve
your spine health*

Exercise Essentials

*Try these exercises to
Relieve back pain*

Start Your Day Right

*Try this delicious breakfast
smoothie recipe!*



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Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances. The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact Iberia Sports & Rehab today to find out how.

You may be wondering, “What does this mean? How can I tell if my spine is healthy?” When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in

your body is directly connected to the health of your spine.

This is why spine health is so important. If you are living with back pain, you know how limiting it can be. In order to make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves.
- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.

HOW CAN I IMPROVE THE HEALTH OF MY SPINE?

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and

nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function. Below are 6 ways to make sure you are doing everything you can to improve the health of your spine:

1. Practice proper nutrition. Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.

2. Get some sleep. Throughout the day, your spine is compressed with standing, sitting, and bending. Did you know that it is actually possible to lose about ½ an inch over the course of a day?

TIPS TO IMPROVE YOUR SPINE HEALTH

Adequate rest in a good position while sleeping helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up, as this allows the discs in your spine to rehydrate. Afterwards, continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.

3. Give up cigarettes. Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys the connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.

4. Work on the flexibility and strength of your spine. Your body is meant to move – this is the most important purpose of the spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work.

Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allow you to move without stressing the discs or nerves in your back.

5. Maintain proper posture and balance.

If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting.

Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.

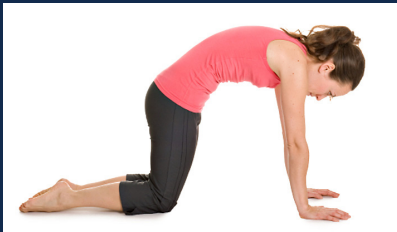
6. Go to a physical therapist for spine check-ups.

Your physical therapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At Iberia Sports & Rehab, our physical therapists are experts in the field of spine health who can help your back operate as it should. Our therapists are fully trained in a number of pain-relieving techniques such as dry needling and laser treatments, which can be used to help get you back to living pain-free!

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact Iberia Sports & Rehab today. By catching back pain early, we can resolve the issue so it doesn't progress. Don't live with the limits of back pain – improve your spine health with us today!

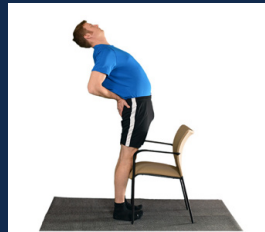
NEED TO RELIEVE BACK PAIN?

TRY THESE EXERCISES AT HOME!



ANGRY CAT STRETCH

While in a crawl position, draw up your spine to arch your back. Hold for 20 seconds and repeat 10 times.



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 10 seconds and repeat 8 times.

ARE YOU READY FOR A PAIN-FREE LIFE? CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!



TRY THIS RECIPE!

PINK SUNRISE STRAWBERRY SMOOTHIE

INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

DIRECTIONS

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

I B E R I A 
SPORTS & REHABILITATION

STAFF SPOTLIGHT



Keith Dalton Physical Therapist

Keith Dalton is a physical therapist who works with orthopedic deficits to return patients back to their daily lives without pain or limitation.

Keith believes a person's ability to improve begins within themselves. He encourages his patients to be active participants in their rehabilitation process. He challenges them to improve by listening to their concerns and designing a program specific to them and their needs.

He has been married since 2005 and has two boys. Keith's personal fun fact is that he is related to the Dalton Gang – a group of American Old West outlaws who were notorious bank and train robbers! The most interesting thing that has happened to him in his professional career is that he has had the opportunity to work with several collegiate and professional athletes.

When he is not at work, Keith likes to spend his time cooking, reading, and running (not at the same time, of course). When it's time for him to take some much-needed time off, you will find him either vacationing on a cruise or lounging on a sunny beach.

Learn more about our staff and how they can help you by visiting our website at isrehab.com!

FEBRUARY IS HEART HEALTH MONTH!

Tips for better heart health:

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.