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# Is Back Pain Interfering With Your Everyday Life?

*Health & Wellness Newsletter*

***Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.***

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Iberia Sports & Rehabilitation today to make an appointment.

## **Physical Therapy Solutions For Back Pain**

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Iberia Sports & Rehabilitation offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

## **Understanding The Risk Factors Associated With Back Pain**

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse of work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but there are also issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension



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Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

### **How Physical Therapy Helps**

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Iberia Sports & Rehabilitation, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

### **Call Our Clinic Today!**

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call Iberia Sports & Rehabilitation for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

#### **Sources:**

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/>

**CALL 337.367.3331  
TO SCHEDULE YOUR  
APPOINTMENT TODAY!**

# Patient Success Spotlight

*"My neck is already better within two days of going!"*

"Miracle workers work here!! Love this place!! I've had neck pain everyday since 2011. Not sure why I've never thought of PT until recently. I just lived with it. My neck is already better within two days of going! Highly recommended!" — **Lori A.**

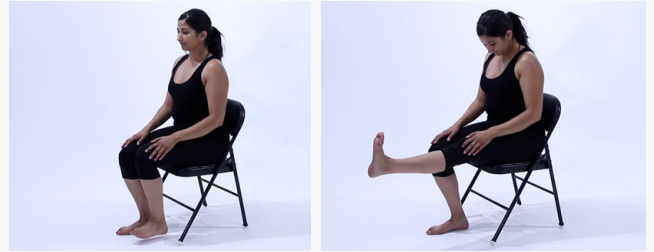
*"I most definitely give this place 5 stars."*

I love this place!! As for the staff, they are GREAT!!! They are there with you making sure you get it done right. I most definitely give this place 5 stars. I highly recommend!! — **Tracy L.**



**CALL 337.367.3331 TO START YOUR SUCCESS STORY TODAY!**

# Exercise Essentials



## Seated Sciatic Nerve Tensioner

Sit in a chair with one foot flat on the ground and the foot on the side you want to work flexed with your toes pointing towards your face.

Lift one lower leg by lightly contracting the upper thigh while simultaneously lowering your head, slowly tucking your chin towards your chest and exhaling. Slowly return to start. 3 Sets, 10 Reps.

*Learn More...*

## HELP US HELP OUR COMMUNITY!



### Iberia Sports & Rehabilitation

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