

FIND RELIEF FOR YOUR ACHING BACK

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FIND RELIEF FOR YOUR ACHING BACK

According to the American Physical Therapy Association, back pain is the most commonly experienced type of pain across the United States. In fact, one in every four Americans has experienced back pain within the last three months.

The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. Fortunately, Peak Performance can get you the help you need so you can improve your quality of life!

Did you know this about back pain?

"Back pain" is an all-encompassing term used to describe a vast number of conditions that cause pain in the upper or lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

The most common cause of back pain is from sustaining an injury. This can happen in one of two ways - from an instant, sudden trauma, or from a repetitive-use injury that develops gradually over time.

Because back pain is so commonplace in the United States, there is a lot of information we have on the topic. Below are some facts about back pain:

- Back pain is the number one disability for those under age 45.
- In the United States alone, there are an expected 31 million people with lower back pain at any given time.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- Experts place the likelihood of any person to experience some type of back problem in their lifetime at about 80%. That's four out of every five people!



- 30-40 percent of all workplace absences are due to back pain.
- Approximately one quarter of U.S. adults reported having low back pain lasting at least one whole day in the past three months, and 7.6% reported at least one episode of severe acute low back pain within a one-year period.
- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical—meaning they are NOT caused by serious conditions, such as infection, fracture, or cancer.

Find relief with Peak Performance

Your physical therapist will also work with you to implement an individualized treatment plan, based on your specific needs. The main stages of your plan will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your physical therapist may deem fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.



Jill Marlan
PT, MSPT, OMPT, CSCS
CEO & Founder of
Peak Performance

A MESSAGE FROM THE CEO

Back Pain is one of the most common issues people experience. In fact, it affects 8 out of 10 people at some point during their lives. It is also one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide. Back pain can range from a dull, constant ache to a sudden, sharp pain. But you don't have to live with this pain. Many people will spend a lot of time and money on treatments such as invasive surgeries and medications to help manage their pain. Although surgeries are sometimes needed, physical therapy is a fantastic treatment option that offers many of the same benefits at a more cost effective and healthier way. If you are suffering from pain, please reach out for an evaluation. You do not have to live in pain.

7 TIPS FOR AVOIDING BACK PAIN

While consulting with a physical therapist is the first step in finding relief, there are a few tips you can also try on your own, in order to relieve your back pain at home. This can help alleviate pain that may occur while you're away from the clinic and help prevent it from worsening:

- **Get More Exercise.**

If your back is hurting, you may think the best way to get relief is to rest. However, studies show that frequent changes in position and regular physical activity can actually help ease inflammation and muscle tension faster in the back.

- **Maintain a Healthy Weight**

Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting a strain on your lower back. Maintaining a healthy weight can help control back pain and will provide additional health benefits.

- **Quit Smoking**

Nicotine in smoke restricts the flow of nutrient-containing blood to spinal discs. Because of this, smokers are especially vulnerable to back pain, which typically dissipates on its own after the nicotine is out of your system.

- **Adjust Your Sleeping Position**

If you're prone to back pain, talk with your physical therapist about the best sleeping position for you. It is important to sleep in the position that will help you achieve the most rest.

It is typically best to avoid sleeping on your stomach. If you enjoy sleeping on your back, you can try putting one pillow under your knees and another under your lower back. If you sleep on your side, you can try pulling your knees slightly toward your chest and sleeping with a pillow between them.

- **Improve Your Posture**

Posture is important, whether you're working, exercising, or simply relaxing. Find a good chair to sit on that will allow you to keep your feet flat on the floor while you sit. Try to avoid soft couches or chairs that put you in a slouched position. When standing, try to alternate your positions and walk around if possible. Have one foot forward when standing, alternating between feet every 10 minutes.



- **Watch How You Lift**

It is a common mistake to lift with your back, rather than your legs. Make sure you don't bend over at the waist to lift heavy objects. Instead, bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push heavy objects, rather than pulling them.

- **Use Supportive Shoes**

A good pair of cushioned shoes can reduce pressure on your back. When possible, avoid wearing high heels, as they shift your center of gravity and strain your lower back.

If you have been suffering from back pain and the tips above aren't working, contact Peak Performance today. Your physical therapist will work with you to address and treat the underlying cause of your back pain. No matter how severe it may be, we can help you find relief so you can get back to doing the activities you love and living your life comfortably!

(517) 300-6710

Patient Success Spotlight



I had a great experience working with Eric and Tonya. It was a very fun, relaxed atmosphere & the staff were incredibly knowledgeable. I have been to 2 other physical therapists before them and they didn't compare! Eric & Tonya educated me so that even after physical therapy, I can take care of my knees for a lifetime. I would highly recommend Peak Performance to anyone looking for physical therapy.

-S.S.

STAFF SPOTLIGHT



Katie Blank, PT, DPT

Katie graduated from MSU with a BS in Kinesiology and minor in Health Promotion. She earned her Doctor of Physical Therapy from GVSU. She previously worked as a personal trainer while in physical therapy school and started at Peak Performance after graduating from GVSU. She has a Titleist Performance Institute Certification and Pelvic Floor Physical Therapy Certification from the Herman and Wallace Pelvic Floor Rehab institute.

In her free time, Katie enjoys running, working out, playing golf, snowboarding in the winter and water sports in the summer. Fun fact - She is training for her first full marathon this summer!

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HEALTHY RECIPE

BLUEBERRY MUFFIN OATS



Ingredients

- 1 cup rolled oats
- 1/2 cup blueberries, mashed with a fork
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract

- 1 tablespoon honey
- 1 teaspoon lemon zest (+more for topping!)
- A pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

Instructions

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

<https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>

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