

DEALING WITH AN ACHING BACK? PHYSICAL THERAPY CAN PROVIDE RELIEF



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Are you struggling with lower back pain? Did you injure your back when bending or twisting? The good news is that at Shoreline Physical Therapy, our physical therapists are experts at helping you find lasting relief!

Back pain is a debilitating condition that up to 80 % of the population experiences at some point in their life. One in every four Americans has experienced back pain within the last three months. The pain itself can hinder your ability to sit, stand, walk or bend. It can also impede your time spent doing recreational activities and sports.

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. With guidance from your physical therapist, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

Call today to set up an appointment with one of our highly trained therapists. At Shoreline Physical Therapy, you can get the help you need to improve your quality of life!

Interesting Facts About Back Pain

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

Because back pain is so commonplace, there is a lot of information we have on the topic. Here are some interesting facts about back pain:

- Worldwide, back pain is the single leading cause of disability, preventing people from working and engaging in everyday activities.
- Back pain accounts for more than 264 million lost workdays in one year—that's two work days for every full-time worker in the country.
- Back pain is the third most common reason for visits to the doctor's office, behind skin disorders and osteoarthritis/joint disorders.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- 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 severe conditions, such as infection, fracture, or cancer.



The sooner we take care of your pain, the sooner you can get back to your favorite activities!

Call us today at 910-791-0396.



How Physical Therapy Helps Back Pain



Fortunately, back pain can be relieved with the help of physical therapy. At Shoreline Physical Therapy, we evaluate all our patients with back pain using Mechanical Diagnosis and Therapy (MDT) also known as the McKenzie Method. An accurate MDT assessment can get you started quickly on the right spinal movements to quickly reduce your pain and improve everyday function. In fact, 70% of our patients that present with back pain have mechanical conditions that resolve quickly with MDT assessment and treatment. When compared to other clinics around the country, outcomes for our back pain patients visiting Shoreline Physical Therapy rank in the top 96 percentile nationwide.

Following evaluation, your physical therapist will also work with you to implement an individualized treatment plan based on your specific needs. The main stages of your program will focus on pain relief through manual therapy, posture improvement, targeted stretches, and exercises.

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.

While consulting with a physical therapist is the first step in finding relief, the most effective solution to back pain includes learning what to do and why. Armed with an understanding of your condition, we will teach you an exercise program that ensures you find lasting relief once and for all.

Contact Our Clinic Today


Call Shoreline Physical Therapy today to set up an appointment with one of our therapists. 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!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>
<https://pubmed.ncbi.nlm.nih.gov/26752509/>
<https://lysm.bmj.com/content/55/9/468>

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Google 5-Star Review

 "I injured my back in a routine workout and needed help to recover a painless range of motion. Doug Miller met with me, assessed my problem, and led me through 6 sessions to recovery. He gave me the exercise "tools" necessary to maintain posture and avoid similar injury in the future. I am a big fan of Shoreline PT!"

- Google 5-Star Review

Out of 5,000+ clinics nationwide,
Shoreline Physical Therapy ranks in
the top 96 percentile for functional
improvement with back pain!

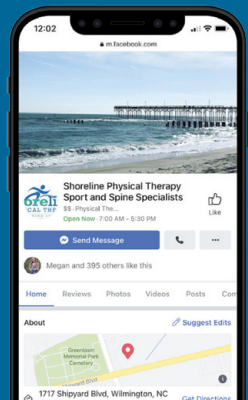
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We stay active on Facebook to provide you important updates, what's happening around our clinic, patient success stories, and more!

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Scan the QR code to find us on Facebook or by searching for us @shorelineptnc today!



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

7 Tips For Better Heart Health!



1. Aim For Lucky Number Seven.

Young and middle-aged 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.

7. Clean Up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

www.shorelineptnc.com

Scheduling Your Appointment Just Got Easier!



In order to provide you with the quickest and easiest scheduling solutions, we've partnered with **BetterPT**. See how easy it is to schedule your next appointment with Shoreline Physical Therapy by scanning the QR code above!

HAS YOUR PAIN COME BACK?

Come Back In For Physical Therapy!

Give us a call at (910) 791-0396 or visit us
online at www.shorelineptnc.com to schedule
your appointment today!