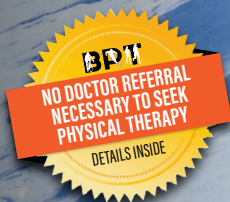




Experiencing Lower Back Pain? Chances Are, It May Be Caused by Another Issue

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WE ARE OPEN!



Are You Experiencing Lower Back Pain? Chances Are, It May Be Caused By Another Issue

Your spine is a complex part of your body – it requires proper posture, flexibility, coordination, and strength, in order to do its job correctly. When one of these elements is altered, your spine can emit painful responses that can settle in other nearby parts of the body.

According to the National Institute of Health, approximately 80% of adults will experience lower back pain at some point in their lives. Back pain is actually the most commonly reported location of pain across the globe. But how often is the source actually another part of your body? To learn more, contact us at Breckenridge Physical Therapy today.

PAIN IS USUALLY CONNECTED:

Your spine is a lengthy structure, and pain can travel along it. Let's say you are prone to neck pain – perhaps you have a slouched posture from sitting at a desk all day and the pressure radiates in your shoulders. Or, maybe you've had a previous injury, such as whiplash, that still elicits painful stings every now and then. Now, let's say you begin feeling pain in your lower back in addition to your neck pain. Why does this happen?

Basically, the pains are connected to each other. Your head weighs about 10-12 pounds, which is roughly the weight of a bowling ball. When you slouch, or compensate for pain by realigning your body, your back muscles have to work extra hard to keep you from toppling forward. Have you ever been so tired that your head begins to bob and it jolts you awake? That's because your head is heavy! The weight from the motion wakes you back up because your body isn't used to carrying it in that way.

This is also why pain in your lower back may occur as a result. Your back muscles are working in overdrive and may be constricting to try and hold you up. If you notice neck and back pain at the same time as one another, try sitting up straighter – it should help ease some of the stress!

IS YOUR NECK THE CULPRIT?

The most common combination of pain is in the neck and the back. If you are experiencing both, it is most likely stemming from the neck.

We don't typically think about it, but we use our necks for a lot of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder when backing out of a driveway, use a lot of neck muscles. When you do simple tasks such as these, do you find yourself turning your entire body, as opposed to just your head? If so, you could experience back pain along with your neck pain.

When you have limited motion in your neck, your body compensates by twisting more than it usually would, thus over-rotating your lower back. This could cause a source of pain or general discomfort in the area, due to abnormal overuse.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help. Call us today to talk to an expert about how we can relieve your aches and pains!

How Can I Tell If My Neck Is Causing My Back Pain?

BRECKENRIDGE  PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.485.3421 or visit breckenridgephysicaltherapy.com

It can sometimes be difficult to determine if your back pain is rooted in your neck. This simple, at-home test can assist you in figuring it out:

- 1. Stand straight in front of another person.** They will be your eyes regarding the movements you make.
- 2. Once they are watching you, turn your head as far as you comfortably can to the left.** Repeat the same motion to the right. Have them take note of how far you are able to go.
- 3. Now, sit down in front of the same person.** Repeat the same turning motions from a chair or couch. Again, have them take note of how far you are able to comfortably turn your head.
- 4. Ask if there were any differences in the turning movement.** Did one side seem to turn further than the other? Was there a difference in standing vs. sitting?

This test is helpful in finding out if your neck is causing (or is at risk of causing) pain in your lower back. If your movement is limited, especially sitting down, it means that the muscles in your back or upper back are tight. These constricted motions can cause pain in the lower back.

Source: <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>



HOW CAN PHYSICAL THERAPY HELP ME?

Physical therapy is the leading recommendation for back pain. Physical therapists are trained to evaluate muscle and joint movement, and they can easily assist you in finding the root of your problem. They will thoroughly evaluate you to figure out why you are experiencing pain, determining the source and treating all affected areas.

After your initial consultation, they will create a specialized treatment plan for you, based on their diagnosis of your specific needs. A physical therapist's end goal is the same as yours – to get you feeling better, healthier, and more comfortable!

If you are experiencing lower back pain and think it may have been caused by an issue occurring in your neck, give Breckenridge Physical Therapy a call today. We'll get you moving comfortably again in no time.

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally



Call Breckenridge Physical Therapy at 970.485.3421, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

Patient Success Spotlights

“THEY ARE FOCUSED ON GETTING BACK TO YOUR PREVIOUS ACTIVITY LEVELS AND SOON”

“Justin and his team are outstanding. They are focused on getting back to your previous activity levels as soon and as safely as possible!” - **W.M.**

“JUSTIN’S INSIGHT AND ADVICE IS MUCH APPRECIATED”

“Very professional and medically appropriate treatment. Justin’s insight and advice are much appreciated!” - **D.B.**

“EXTREMELY FRIENDLY AND HELPFUL”

“They are an extremely friendly and helpful staff! They know their stuff!” - **J.G.**

Want results like this? Call Breckenridge Physical Therapy at 970.485.3421 to schedule your appointment today!



Balsamic Berry Vinaigrette Salad

Healthy Recipe

INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ⅛ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

DIRECTIONS

For the vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

breckenridgephysicaltherapy.com

Exercise Essentials

Helps Relieve Back Pain

QUADRUPED ALTERNATE ARM & LEG RAISE

While on your hands and knees, slowly raise up an arm out in front of you. Then, slowly raise the opposite leg behind you, while keeping your back straight. Hold for 10 seconds. Repeat 3 times on both sides.



 SimpleSet Pro
www.simpleset.net

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Do You Know About Telehealth?

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Because of this, in addition to keeping our facilities open, we are also offering e-Visits (via the Zoom app) as well as Telehealth services for those who wish to stay at home. By providing care for our patients virtually, as opposed to in person, we are able to keep both our patients and PT providers safe. Telehealth services can be accessed via your smartphone or computer, with which you'll be free to perform your PT treatments from the comfort of your own home.

For those still wanting to be treated in the clinic, in addition to extra cleanings and wearing protective gear, Breckenridge is proud to have three treatment rooms and a large, open space gym. Two of our treatment rooms have exterior windows and exhaust fans that are running whenever patients are in the treatment rooms.