



IS BACK PAIN
SLOWING YOU DOWN?

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What Causes Back Pain? · A Little Prevention Goes A Long Way
Meet the Team: Joe Howe · Exercise Essentials

Is Back Pain Slowing You Down?



Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.



What Causes Back Pain?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. **Medication might mask the pain, but it won't cure the problem's root cause.**

Back Pain Solutions

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

Are you struggling from back pain that won't go away? We want to help! Call us or visit www.TherapyWestPT.com to schedule your consultation today!

A Little Prevention Goes A Long Way

If you want to avoid future back pain, you can make sure you're being good to your back. Here are a few tips to avoid some of the leading causes of back pain:

Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

Sources

<http://www.apta.org/>

<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>

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

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How Therapy West Is Keeping You Safe

We know this can be an uncertain time to be "out in public".. We want you to know Therapy West is a safe place for therapy.. See the list below for actions we are taking to stomp out Covid in our clinics:

- All patients and staff are screened for any Covid like symptoms
- All patients and staff must wear face masks
- All patients and staff must wash hands
- Sanitizing equipment at the beginning of day, in between patients, and at the end of the day.
- Social distancing between patients
- Keeping a positive attitude.. We have it on good authority the Covid virus does not like happy and upbeat environments.. With that being the case, no place is safer than Therapy West!

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
435.528.7575

Ephraim
435.283.6334

Mount Pleasant
435.462.0178

Richfield
435.896.4282

Bicknell
435.425.3719



Meet the Team:

Joe Howe



Joe Howe | RPT

Joe Howe, Co-founder of Therapy West, attended BYU and received his Pre-Physical Therapy degree, then attended St. Louis University where he graduated as a Registered Physical Therapist. Before moving to Ephraim, UT, now going on 23 years, he practiced in a rehabilitation clinic in Sandy, UT dealing with hand, spinal, and brain injuries.

Joe's continuing education involves working with orthopedic surgeons on Saturday mornings at Snow College during football season, assessing every injury, and perceiving how to manage the therapy. "I can't think of a thing I haven't dealt with in therapy. You have to be sharp and maintain continuing education hours to be competent to treat old and new injuries. I explain to every patient what is going to happen – request they are patient with themselves for progress and help them understand what and when to expect improvement."

Joe's time is spent in home-health, Mount Pleasant Hospital, and clinic in Ephraim. He also works with the North Sanpete School District and high school students who have developmental delays. He has volunteered with Manti High School athletics since 1998.

Joe is married to Kjiirsten with six beautiful children, two of whom are still at home. Their favorite family time is spent outdoors, especially when everyone comes back for boating Utah's pristine Lake Powell waters.

Patient Success Story

"I started PT due to lower back pain caused by a lifting injury. Therapy West treatment and therapy was an absolute relief. Their staff taught me a variety of stretches and core strengthening exercises in addition to massage and TENS stimulation that significantly reduced my lower back pain. My visits with Therapy West left me feeling relaxed and refreshed. My goal to heal my lower back without surgery has been achieved through my treatments with Therapy West. I now have the tools to alleviate and prevent my lower back pain.

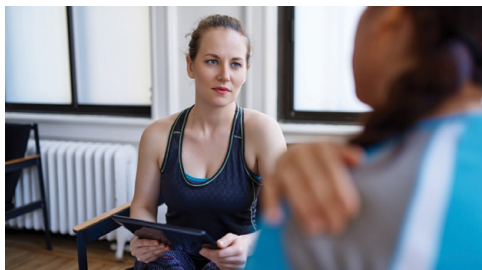
I highly recommend Therapy West as their friendly staff provides a professional, nurturing environment that promoted healing and getting me back to living pain-free!"

Lacy S.

Prone on Elbows



Lie on your stomach with your hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times. This exercise helps loosen your lower back.



Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer!