



## **BACK PAIN & PROFESSIONAL TRUCK DRIVING: HOW PT CAN HELP**

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# Back Pain & Professional Truck Driving: How PT Can Help

Are you a professional truck driver? Do you have chronic back pain? If so, you certainly aren't alone. One study, published in the National Library of Medicine, estimates that 59% of truck drivers experience low back pain.

So, why are so many truck drivers in chronic pain? It comes down to a sedentary lifestyle, pushed further by long hours in the driver's seat.

If your pain is making it difficult, if not impossible, to successfully complete your daily routine, know that Therapy West Physical Therapy can help.

Back pain does not have to be a part of your life forever. Taking preventive measures, such as working with a physical therapist, can help you achieve long-term relief from back pain.

For more information on how physical therapy can help you with your back discomfort, keep reading and **contact Therapy West Physical Therapy today!**

## The Three Main Types Of Back Pain

*There are three main types of back pain:*

- **Acute Back Pain:** The most common type of back pain. This is a temporary pain that goes away in less than three months.
- **Recurrent Back Pain:** When acute back pain goes away for a while but returns on a regular basis, it is known as recurrent back pain.
- **Chronic Back Pain:** If back pain lasts longer than three months without subsiding, it is classified as chronic.

Acute back pain is typically not serious and usually goes away independently. However, recurring and chronic back pain can be signs of more serious health problems.

Back pain can be caused by a variety of physical conditions, including osteoporosis, degenerative disk disease, a herniated disk, fractures, or lumbar spinal stenosis.



## Preventing Chronic Back Pain As A Truck Driver

It's no secret that professional truck drivers have a high risk of developing chronic back pain. Our spines were meant to move, and long hours in the driver's seat can cause sciatica and the compression of vital joints.

However, this doesn't mean that there aren't steps you can take to avoid and lessen chronic pain.

For example, spending some time each day stretching the spine can help to reduce the likelihood of injury and pain. The muscles that surround your spine, like any other muscle in your body, become tighter the longer they go unused.

Did you know there are stretches you can do without even exiting your vehicle? One example is a simple spine twist. To perform this movement, slowly twist your torso to the left while facing forward, bringing your right hand around to grip the left side of your seat. Hold for ten seconds and repeat on the opposite side when you feel a gentle stretch in your back.

Ensuring that you get regular exercise outside of work and using back supports while driving are two other ways you can help prevent chronic pain.

**Book Your Next Appointment Today!**

# How Can A Physical Therapist Treat My Back Pain?

The initial stages of your physical therapy treatment for back pain will be focused on providing immediate pain relief. Following that, our physical therapists will broaden your treatment to include strengthening your core muscle group with specific therapeutic exercises.

This will improve your strength and range of motion, which helps you avoid re-injuring your spine. The physical therapists at Therapy West Physical Therapy will also teach you how to take care of your spine during your daily activities. We can demonstrate the proper posture to utilize while sitting down and driving.

Your back pain treatment plan will differ depending on your diagnosis, age, weight, physical ability, and other factors. **Your treatment plan may include any of the following:**

- Education on how to take better care of your back, such as proper methods of lifting, bending, sitting, and sleep positions
- Hot or cold treatments, or electrical stimulation, for pain relief
- Posture work to provide better support for your back
- Stretching and strength-building exercises
- Manual therapy and spinal manipulation to improve joint mobility and relieve tissue pain

When you work with one of our physical therapists, you will learn proper movement strategies and learn how to carry out daily tasks in a manner that will help you avoid recurring pain.

Your progress through your recovery plan will be closely monitored by your physical therapist. At Therapy West Physical Therapy, our number one priority is to help alleviate your pain so you can get back to living a comfortable life.

## Ready To Say Goodbye To Back Pain? Start Physical Therapy Today!

The key to dealing with back pain is to be proactive. If your pain has lasted longer than three months, it's very unlikely it will go away on its own. Here's where physical therapy can help.

At Therapy West Physical Therapy, our team has the resources to treat your pain and ensure that it won't return. Are you ready to drive without pain? **Contact Therapy West Physical Therapy today to request an appointment!**

Sources:

<https://nebraskaspinehospital.com/truck-driving-chronic-back-pain/>  
<https://pubmed.ncbi.nlm.nih.gov/17187084/>



If you are struggling with pain, see our website for additional information on your condition by scanning the QR code or by visiting [www.TherapyWestPT.com](http://www.TherapyWestPT.com)

## Follow Us On Social Media!

We stay active on our social media platforms to provide you important updates, what's happening around our clinic, free workshops, patient success stories, videos, and more! Don't miss out - follow us today!

 @therapywestpt

## Get Your Life Back with Therapy West

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

**Gunnison**  
435.289.6233

**Ephraim**  
435.289.6410

**Mount Pleasant**  
435.289.6442

**Richfield**  
435.289.6509

**Bicknell**  
435.289.6539



# 11 Quick Ways To Add Greens To Your Diet

It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. [These 11 strategies can help make getting more vegetables convenient, simple, and delicious.](#)

1. **Make them more interesting.** Look up new recipes.
2. **Prep ahead of time.**
3. **Get everyone involved.**
4. **Hide them in yummy dishes.** Roasted vegetable Lasagna
5. **Make an omelet.**
6. **Make them portable.**
7. **Slip 'em into smoothies.**
8. **Upgrade starches.** Zucchini fries
9. **Double up in restaurants.** Simple: Ask your server to skip the potatoes and add another green vegetable.
10. **Make it a mission to try a new one.** Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
11. **Buy them fresh or frozen.** Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.



## Exercise of the Month Forward Bend - Long Sitting



Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) to schedule your consultation today!