



DO YOU HAVE DIFFICULTY WALKING DUE TO BACK PAIN?

www.TherapyWestPT.com



SCAN ME



Has your pain come back? We would love to help!
Give us a call or visit www.TherapyWestPT.com today!

Do You Have Difficulty Walking Due to Back Pain?

Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, physical therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our physical therapists are an excellent resource for managing your back pain and difficulty walking.

Call Therapy West Physical Therapy & Sports Medicine today for our comprehensive assessment of your back and your gait! We can be a helpful tool in getting you back on your feet.



How Back Pain Affects Your Gait

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common to interfere with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how you also walk changes. When you are in pain, you tend to walk "out-of-phase," meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.

At Therapy West Physical Therapy & Sports Medicine, our physical therapist can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

How Physical Therapy Can Help

When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Physical therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapist will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

Book An Appointment Today!

What To Expect At Physical Therapy

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk.

When you are experiencing recurring back pain—especially if you are experiencing back pain while walking—you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Your Therapist Will Teach You Strategies Like:

Standing tall whenever you are standing or walking. Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.

Making sure that you are wearing suitable types of shoes. The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.

Trying a custom insert in your shoe. Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.

Changing “how” you walk. Making sure you restore the coordination

between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

Working with a physical therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible.

What’s more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Call our clinic today

Call Therapy West Physical Therapy & Sports Medicine today for a comprehensive assessment of your back pain and your gait. Working with our physical therapists to improve your walking technique can help you overcome back pain one step at a time.

If you have a history of severe back pain that has changed how you walk, don't hesitate to talk to our physical therapists. We offer the results you are looking for!

Sources:

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.02223/full>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3948299/>

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<https://sites.louisarpub.com/jamr/articles/82816.html>

https://journals.lww.com/spinejournal/abstract/1993/09010/gait_analysis_of_patients_with_low_back_pain.aspx



Stop Putting Off Your Pain. We Can Help!

Schedule your next appointment by scanning the QR code or by visiting www.TherapyWestPT.com today!



Famous Sanpete County Turkey

- 1 C Vegetable or Canola Oil
- 1 C Soy Sauce
- 2 C Lemon-Lime Soda
- 1/2 Tsp Garlic Powder
- 6 Lbs Boneless Turkey Meat -or- Boneless Chicken Meat Cut Into 4-6 oz portions

1. Thoroughly combine all marinade ingredients
2. Pour marinade over turkey.
3. Marinade for at least 12 hours in the refrigerator.
4. Place on a hot, greased grill and cook until juices run clear.

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



Staff Spotlight | Joe Howe

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 30 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."*

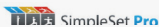
Joe's time is spent in home-health, Mount Pleasant Hospital, and clinic in Ephraim. He also works with the North Sanpete School District and high school students who have sports related injuries. He has volunteered with Manti High School athletics since 1998.

Joe is married to Kjirsten with six beautiful children. Their favorite family time is spent outdoors, especially when everyone comes back for boating Utah's pristine Lake Powell waters.



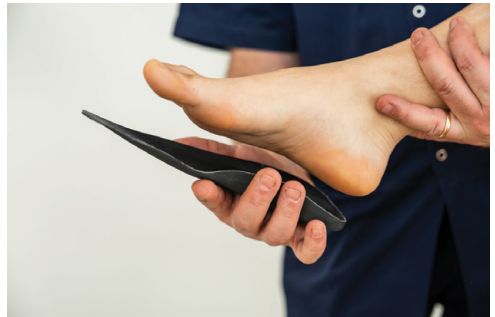
To learn more about our team and how we can help you, simply scan the QR code or by visit us online at www.TherapyWestPT.com

Exercise of the Month Prayer Stretch



While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

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



Custom Orthotic Fittings

Our clinics offer custom orthotic fittings to ensure your feet have proper support and comfort! Call us or visit www.TherapyWestPT.com to learn more!