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# Is Back Pain Slowing You Down? Physical Therapy Can Help!

*Health & Wellness Newsletter*

Back pain can be one of the most debilitating conditions, affecting up to 80% of the population at some time in their life. Unfortunately, some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction and even nerve damage.

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. The good news is that 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!

## What We Know About The Causes Of Back Pain

Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs

and facet joints), nerves or surrounding ligaments and other soft tissue.

*The contributing factors often associated with back pain are:*

- Improper posture or prolonged positions (i.e. prolonged sitting)
- Spinal muscle and tissue damage (i.e. lifting strains or trauma from accidents)
- Limited hip, spine and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e. compensations due to injury)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

**Stop letting pain get in the way. Give us a call or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!**



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## Back Pain Prevention

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.

### Limit Sitting For Too Long

Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

### Use Good Posture

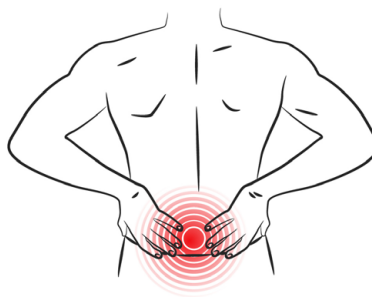
Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breast bone is lifted

towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders and neck aligned.

### 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 the muscles of your hips, pelvis and spine — your core muscles.



### Call Our Clinic Today

visit a physical therapist for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

Sources  
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# How EMG Testing Can Help Your Posture

EMG, or electromyography, is a diagnostic test that is ordered by your physician to measure the electrical activity of muscles. Our board-certified therapists at Therapy West Physical Therapy & Sports Medicine use EMGs to identify neuromuscular conditions, such as muscle weakness, nerve damage, and muscle disorders.

Nerve conduction studies (NCV) are often used in conjunction with EMG to provide more information about how your body is functioning. We use NCV testing to further evaluate nerve function by measuring the speed and strength of electrical signals as they travel through nerves.

Once your physician interprets these tests, we use your results to help us identify and treat muscle imbalances, which can contribute to poor postural habits and improper movement patterns. Our therapists will then tailor your treatment plan to include exercises that specifically target muscle groups that are not working correctly or are compensating due to an injury you are dealing with.

With the help of EMG and NCV testing, our physical therapists will tailor their treatments to address each individual patient's specific needs and goals. This can help to improve your posture and overall function so you can get back to doing what you love most!

**Call today to request an appointment and learn more about our EMG testing to see if it's right for you!**



## Staff Spotlight: Greg Bailey, PT

Greg Bailey grew up in Price and spent his summers with his grandparents in Fountain Green. He attended Creighton

University where he earned his Doctorate in Physical Therapy. He spends his time working at the Sanpete Valley Hospital and doing home-based physical therapy visits throughout the North Sanpete region. Additionally, he works out of the Mount Pleasant Therapy West clinic providing outpatient services.

"I especially enjoy working with Geriatrics where I can be part of helping individuals navigate physical challenges associated with aging. It has been my privilege over my career to work in a variety of settings including SNF, Wound Care, Home Health, and Outpatient Clinics. Over my career, I have received specialist certifications in Wound Care, Mechanical Diagnosis and Treatment through the McKenzie Institute, and in Spinal Manipulation through the International Pain and Spine Institute. I am currently pursuing specialist certification in Electrodiagnostic medicine performing EMG/NCV testing and Musculoskeletal Diagnostic Ultrasound."

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