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# Don't Ignore Your Back Pain

Health & Wellness Newsletter

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

**There is nothing you can do without using your back.** Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

For many people, physical therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

## Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

*Some of the most common issues associated with back pain include:*

- 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)

The source of acute 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. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

# Staff Spotlight

Karen Eisenbrandt, PTA



Karen Eisenbrandt works at the Gunnison Valley Hospital and doing home health in the Gunnison area. She has worked for Therapy West for 25 years.

*"I enjoy my work! It's rewarding to see my patients gain more independence. It makes me happy to see them out and about in the community and know that I helped them along the way."* Karen has several nicknames but the one that she is known more often by is "The Little General", a term of endearment given to her by some of her patients.

Karen and her husband, Gene live in Mayfield. They have been married for nearly 46 years and have 3 children and 14 grandchildren (2 of which are new to their family after their 2 oldest grandchildren married last year). She enjoys spending time with family, camping, crocheting, and sewing Halloween costumes for her grandchildren. This past year she also sewed her greatest costume ever, her granddaughter's wedding dress.

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## Physical Therapy Is An Effective Solution For Your Back Pain

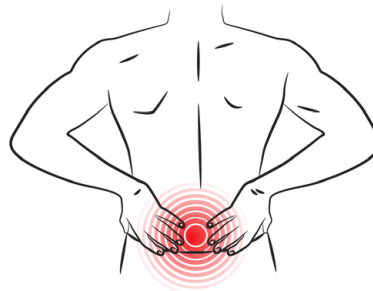
Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.

Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.

Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with



friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

## Call Our Clinic Today

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

**Call today to make an appointment!**

Source  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>  
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Stop letting pain get in the way. Give us a call or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!

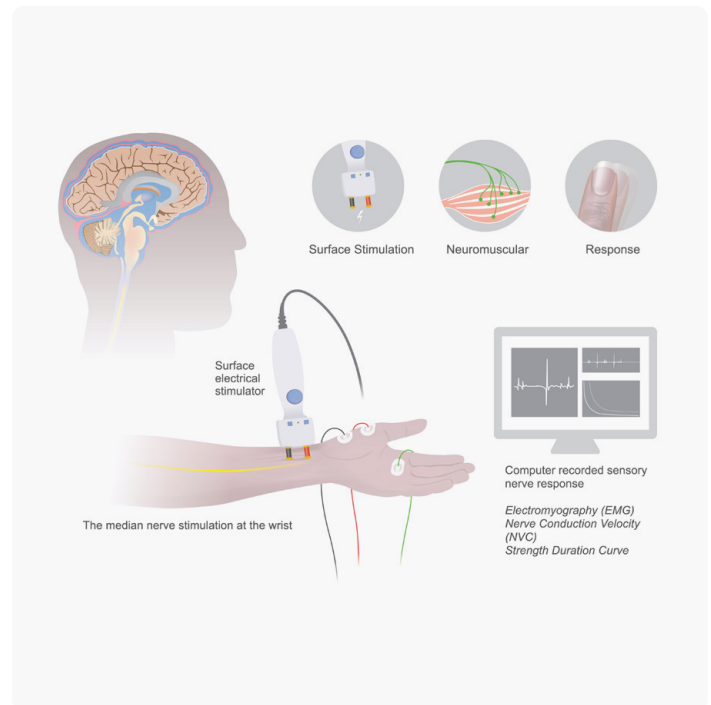
# Don't Ignore Your Back Pain: EMG Testing Can Help Find a Solution!

Have you been ignoring that pain in your lower back because it's not that bad? Do you assume it'll eventually go away on its own? If so, you certainly aren't the only one. However, there's no reason to suffer! Physical therapy at Therapy West Physical Therapy & Sports Medicine can help you resolve back pain without surgery or medication.

Often, back pain can feel mysterious, as if it materialized out of nowhere simply to ruin your day. In reality, however, back pain almost always has an underlying cause—it just may not be immediately obvious. But until you address the underlying cause of your pain, you'll never be able to resolve it completely.

That's why we offer EMG testing here at Therapy West Physical Therapy & Sports Medicine. This state-of-the-art system allows us to more accurately diagnose common sources of lower back pain, such as a herniated disc. The simple procedure takes no more than an hour and can provide a wealth of information to help you find relief.

Once we've identified the source of your discomfort with the help of EMG testing, our physical therapists will provide a customized treatment plan designed around your particular condition, symptoms, and recovery goals. Manual therapy, therapeutic exercise, and simple activity modifications can help you say goodbye to back pain for good.



## Find Back Pain Relief Today!

Don't ignore your back pain. Instead, schedule an appointment for EMG testing with Therapy West Physical Therapy & Sports Medicine and eliminate it entirely!

### Gunnison

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Gunnison, UT 84634  
435.289.6233

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### Ephraim

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Ephraim, Utah 84627  
435.289.6410

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Mount Pleasant, Utah 84647  
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Stop letting pain get in the way. Give us a call or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!