



CHESTERTON  
**PHYSICAL  
THERAPY, INC.**  
*Great Health Through Great Physical Therapy*

SEPTEMBER 2021



# IS BACK PAIN SLOWING YOU DOWN?



The American  
Association for  
Accreditation of

Ambulatory Surgery Facilities accreditation programs help facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.

**Back Pain  
Prevention**

**Patient  
Spotlight**

**Exercise  
Essentials**



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# IS BACK PAIN SLOWING YOU DOWN?

## PHYSICAL THERAPY CAN HELP RELIEVE YOUR BACK PAIN

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.

**Call today to find out how Chesterton Physical Therapy can help relieve the pain in your back.**



VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!

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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.

## 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.



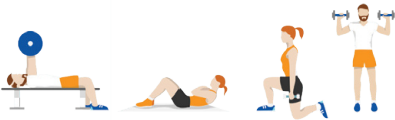
## USE GOOD POSTURE

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.

Sources: [www.apta.org/](http://www.apta.org/)  
[www.acadoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics](http://www.acadoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics)  
[www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet](http://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet)

## Did You Know You Have Direct Access To Physical Therapy?

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed.

MICHIGAN CITY  
(219) 898-4360  
CHESTERTON  
(219) 926-9779



Save time



Save money



Improve  
your health  
naturally



## STAFF SPOTLIGHT

**MATT VALOIS, COTA,  
MBA, V.P. OPERATIONS**

Matt has been at COTA for 7 years, has an MBA, and he is currently attending OT school at Grand Valley State University starting this fall.

Matt eats a lot of sardines, but do not judge him for that. He takes his personal health and well-being very seriously, which results in him eating weird foods at times. Not that he's defensive about it or anything. As an uber-nerd, Matt enjoys watching/listening to long-form podcasts and playing with his kids. Matt is inspired by his wife because she is always telling him that he doesn't do anything.

Control the aging process, don't let the aging process control you. This is Matt's philosophy and a therapeutic principle he utilizes while working with his patients. One of Matt's heroes is his father who sustained a serious injury at the hands of a trusted healthcare professional, forcing Matt to do everything he could to ensure what happened to his father wouldn't happen to anyone else.



## EXERCISE ESSENTIALS

*Try this simple exercise to keep you moving...*

### Repeat Trunk Flexion | to Floor

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up.



## PATIENT SPOTLIGHT



***"My advice to others is to stay positive, set goals, and work hard to achieve them."***

I came to Chesterton Physical Therapy because I suffered a major injury due to recurrent dislocation of the patellofemoral joint in my left knee which caused a torn ligament and fractured patella. I had to have a full reconstruction of the medial patella-femoral ligament and reattachment of the fractured patella. I am a competitive dancer at Eclipse Performing Arts so a quick but successful recovery was very important to me. I received excellent care from Greg. He was very considerate of my goals to return to dancing at the high level I was performing prior to my injury/surgery. He tailored my treatment plan by incorporating dance techniques to help me reach my goals ahead of schedule. I would not have been able to achieve these goals without Greg. My advice to others is to stay positive, set goals, and work hard to achieve them. — Vanessa V.

## HEALTHY RECIPE BUDDHA NOODLES



### INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

### DIRECTIONS

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/>

## FREE WORKSHOP



## FREE LOW BACK PAIN WORKSHOP

**OCTOBER 5<sup>TH</sup> at 1 PM in CHESTERTON**  
**OCTOBER 19<sup>TH</sup> at 1 PM in MICHIGAN CITY**

This workshop is for you if:

- You wake up stiff or sore in the morning
- Bending over is painful or challenging
- You spend any time during the year with your back on ice
- Your back hurts regularly
- You've been to other practitioners for your back and you still have pain

Hurry, register soon as space is limited.

Call today to reserve your spot!

**CHESTERTON — OCTOBER 5<sup>TH</sup> at 1 PM**  
**(219) 926-9779**

**MICHIGAN CITY — OCTOBER 19<sup>TH</sup> at 1 PM**  
**(219) 898-4360**

## REFER-A-FRIEND!

*Who Do You Know That Needs Our Help?*

If you know someone who may benefit from our style of physical therapy, please pass along this newsletter or scan the QR Code below to go to our referral page. We will send them information about how we might be able to help them.

*Scan the QR Code to go to our referral page.*



SCAN ME

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