

Performance For Life
NEWSLETTER

Is Back Pain Interfering With Your **Everyday Life?**



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Physical Therapy Can Help You Resolve Your Back Pain!

Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp. For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Achieve Therapy today to make an appointment.

Physical therapy solutions for back pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Achieve Therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

Understanding the risk factors associated with back pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

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How Physical Therapy Can Help

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Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain – not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

How Physical Therapy Helps

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Achieve Therapy, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Our Clinic Today

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't. Our



physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps. Call Achieve Therapy 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!

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>
<https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2>
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/>
<https://www.omicsonline.org/risk-factors-forchronic-low-back-pain-2161-0711.1000271.php?aid=22679>

Exercise Essentials

ANGEL ON BACK

Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.

Strengthens upper back



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Patient Success



"Caring, professional, friendly, helpful are just a few of the things I attribute to the staff at EGF Achieve." — **Elaine**



Staff Birthdays & Work Anniversaries



March Celebrations for Our Staff

Staff Birthdays

Chelsea Hartzell – March 12th
Tom Carson – March 16th

Richard Morgan – March 17th
Paul Funk – March 28th

Work Anniversaries

Gary Schindler – March 1st

Ronne Eng – March 31st

We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

Healthy Recipe

Chicken Pozole (Soup)

Ingredients

- 4 c. low-sodium chicken broth
- 3 boneless skinless chicken breasts
- 2 poblano peppers, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. cumin
- 1 tbsp. oregano
- 2 tsp. chili powder
- 2 tsp. kosher salt
- Freshly ground black pepper
- 2 (15-oz) cans hominy
- Thinly sliced radishes, for garnish
- Sliced green cabbage, for garnish
- Fresh cilantro, for garnish

Directions

Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes. Serve soup into bowls and garnish with radish, cabbage and cilantro.

<https://www.delish.com/cooking/recipe-ideas/recipes/a55758/crock-pot-mexican-posole-recipe/>



March Fitness Member of the Month



Meet Madhu our March Fitness Member of the Month!

Fitness centers you attend: Columbia.

Favorite thing about Achieve Fitness: Doing exercise, attending all the classes, and all of the staff. I am very happy, everybody is so so good!

Favorite fitness class: Balance and movement classes.

Staff Spotlight

Welcome, Ashley!

Ashley is a native of East Grand Forks, MN. She recently joined our team as the receptionist at our Demers location. In her free time, Ashley enjoys rollerblading, fishing, spending time in the sun, and attending sporting events for her three sons. She and her husband also have two cats and two dogs! In her new position, Ashley is most looking forward to meeting and getting to know the new patients. We are so excited to welcome Ashley to the Achieve team!





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