



# NEWSLETTER

Helping You Move  
Through Life Pain-Free!

September



## PROVEN TREATMENTS FOR

# LOW BACK PAIN RELIEF

Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At Achieve Therapy, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At Achieve Therapy, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

### Lower back pain in the United States

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults

in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

In the United States, the total cost of healthcare per person for those with chronic back pain can significantly vary depending on the specific treatments and services utilized. However, the healthcare costs for adults with spinal problems have gradually increased throughout the years. In fact, data from the Centers for Medicare & Medicaid Services (CMS) shows that the National Health Expenditure (NHE) grew from \$2.6 trillion in 2010 to an estimated \$4.1 trillion in 2021. This represents an increase of approximately 58%.

According to the Institute for Health Metrics and Evaluation, healthcare costs for those with low back and neck pain were substantial. This study reports that in the year 2020, \$76.9 billion was paid by private insurance, \$45.2 billion was paid by public insurance, and \$12.3 billion was paid by individuals out-of-pocket. Additionally, a recent study of 55,945 patients with chronic lower pain shows that the median total cost per person was \$6,590.

A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

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# HOW WE CAN HELP YOUR BACK PAIN

Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms.

Working with a physical therapist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results.

## Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga

Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

## What to expect in physical therapy

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam.

The oral history of your back pain helps your therapist identify any “red flags” that would indicate a more serious condition or that warrants a different form of medical

intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease).

The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences.

This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

## Contact us for an appointment

At Achieve Therapy, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities.

Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

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**1425 S COLUMBIA RD**  
Grand Forks, ND 58201  
Phone: [701-409-1614](tel:701-409-1614)

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**403 BRIGGS AVE S**  
Park River, ND 58270  
Phone: [701-490-8150](tel:701-490-8150)

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**1421 CENTRAL AVE NW**  
East Grand Forks, MN 56721  
Phone: [218-316-7798](tel:218-316-7798)

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**110 PLEASANT AVE S.**  
Park Rapids, MN 56470  
Phone: [218-216-2491](tel:218-216-2491)

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**3035 DEMERS AVENUE**  
Grand Forks, ND 58201  
Phone: [701-409-1592](tel:701-409-1592)

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8875812/> <https://pubmed.ncbi.nlm.nih.gov/30844200/> <https://www.healthdata.org/news->

[release/low-back-and-neck-pain-tops-us-health-spending](https://www.cms.gov/) <https://www.cms.gov/>

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# Patient Success



"Great friendly staff always left feeling encouraged after my back surgery 7 months ago. They have helped me get my life back to normal through a therapy program. Feel extremely blessed to have their knowledge and experience." — **Vicki T.**

## Staff Birthdays & Work Anniversaries

### September Celebrations for Our Staff

#### Staff Birthdays

Audrey Knutson | September 19<sup>th</sup>

#### Work Anniversaries

Michelle Ellis | September 1<sup>st</sup> | 20 years

Audrey Knutson | September 15<sup>th</sup> | 7 years



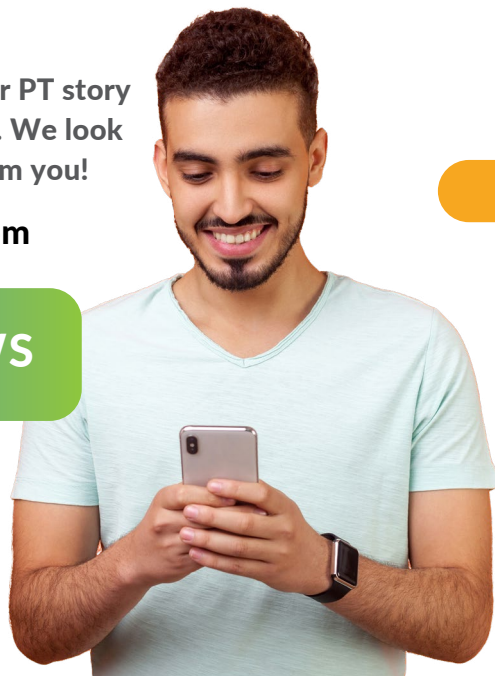
We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

[achieve-therapy.com](https://achieve-therapy.com)

★ REVIEWS



# WELLNESS WORKSHOPS

We are hosting rotator cuff workshops at our Park Rapids, Park River and Grand Forks locations. If you or a loved one is struggling with nagging shoulder pain that is keeping you from living a life you love, this workshop is for you! Sign up today, we have limited space at each.

#### Park Rapids:

- September 12, 2023 at 5:30 PM at The Park Rapids library – 210 1st St W, Park Rapids, MN 56470

[Click here to sign up at Park Rapids](#)

#### Park River:

- September 5, 2023 at 5:30 PM at our Park River, ND clinic

[Click here to sign up at Park River](#)

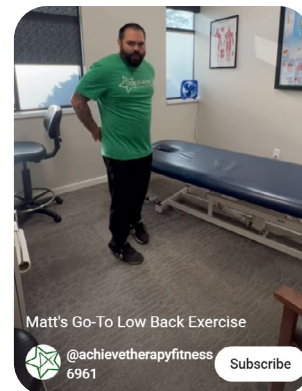
#### Grand Forks:

- September 19, 2023 at 5:30 PM at our Grand Forks (S Columbia), ND clinic

[Click here to sign up at Grand Forks](#)

## EXERCISE ESSENTIAL

Check out Matt's go to low back exercise by watching the following video:



[Click here to watch the video now](#)



Call [866-320-3562](tel:866-320-3562)  
to start healing today!

SEPTEMBER

# CLINIC NEWS

## FITNESS MEMBER OF THE MONTH

Meet Gerri, our fitness member of the month!

Gerri's favorite thing about Achieve is the staff:

*"They are sincerely friendly and are truly concerned about the participants health" she says. Her favorite fitness class is the stability and balance class with Hilaree. This is her third year in the class and she feels that her agility and strength have increased. Gerri also enjoys the social aspect that she experiences through Achieve fitness."*



## STAFF SPOTLIGHT

Say Hello to Marlene!

Marlene started with Achieve in December of 2022 and in the Park River office in January of 2023 as the Patient Care Coordinator. She is enjoying working with her coworkers and patients. In her free time she likes to go cruising around with her husband, Brian. They have 3 sons, 1 daughter-in-law & 1 grandson. She also likes to put jigsaw puzzles together, do Sudoku puzzles and go on road trips with her friends.



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