



# NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!

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

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities—as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Achieve Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do. Call our clinic today to set up your initial consultation!

### What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

**Here are some of the more common sources of back pain that we see at our clinic:**

- **Strains and Sprains:** A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.



- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates—that is, bulges or ruptures—and irritates a nearby nerve, it can lead to intense pain, feeling "stuck" in a stooped over position, and other symptoms.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain—defined as pain that lingers past that three-month mark.

Visit us online [achieve-therapy.com](https://achieve-therapy.com) or call the clinic nearest you.

#### Grand Forks

1425 S Columbia Rd., Grand Forks, ND  
58201  
**701.409.1614**

#### East Grand Forks

1421 Central Ave. NW,  
East Grand Forks, MN 56721  
**218.316.7798**

#### Park Rapids

110 Pleasant Ave S.  
Park Rapids, MN 56470  
**218.216.2491**



# NEWSLETTER

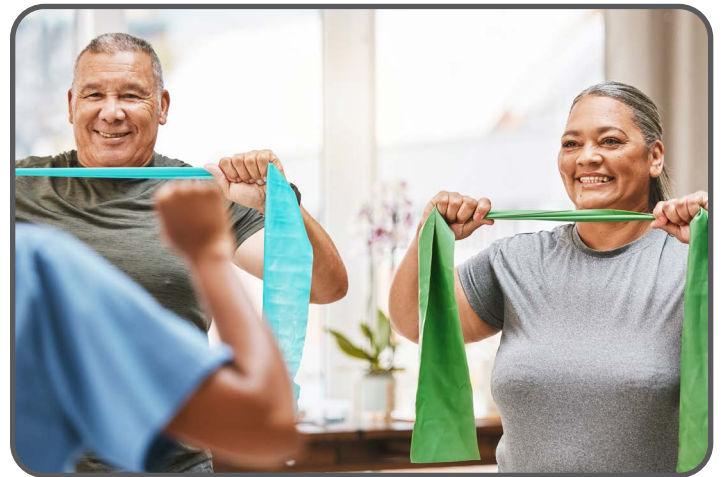
HELPING YOU MOVE THROUGH LIFE PAIN-FREE!

## Why Physical Therapy Is Your Back Pain Solution

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying cause of your pain rather than simply masking the symptoms.

**How will we do this? Through a blend of the following techniques:**

- **Manual therapy** helps manage pain, promote blood circulation, and gently improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as balance or gait training, improves areas of weakness that might contribute to your pain.
- **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or Yoga practice.

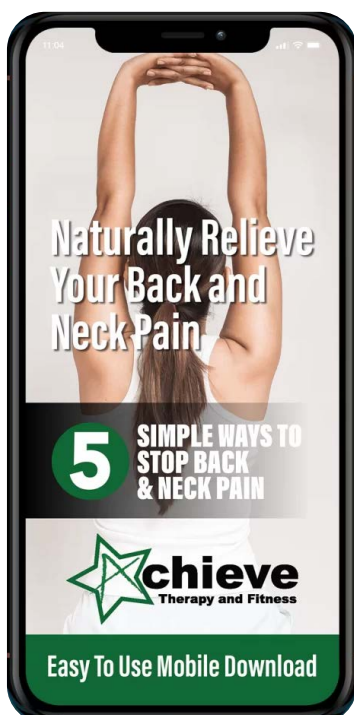


## Get Moving Again with Physical Therapy!

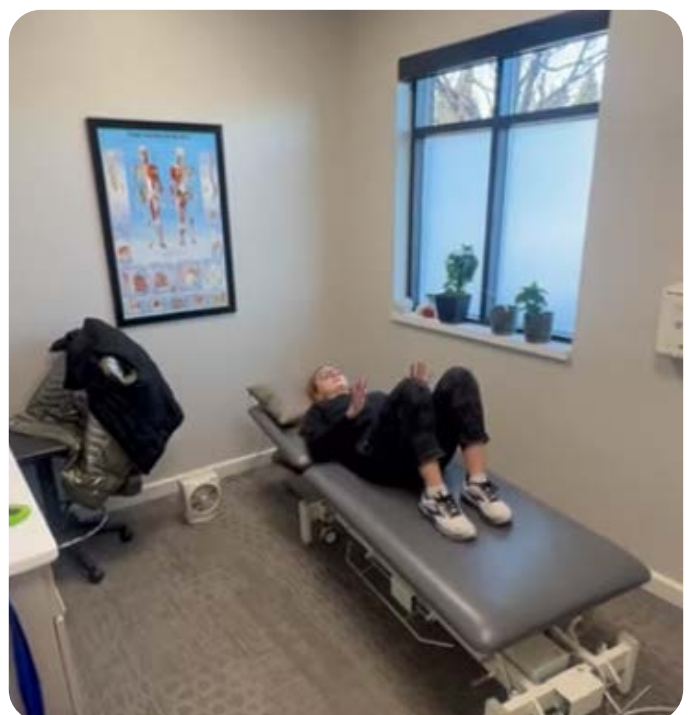
Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Achieve Therapy team is here to help you break that cycle and find relief from back pain for good.

Sources: <https://www.choosept.com/guide/physical-therapy-guide-low-back-pain> ...  
<https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full>

## Start Healing At Home With Our Back Pain Ebook



## At-Home Exercise Lumbar Rotation With Sara





# NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!

## Healthy Recipe

### Black-Eyed Peas For Good Luck



#### Ingredients:

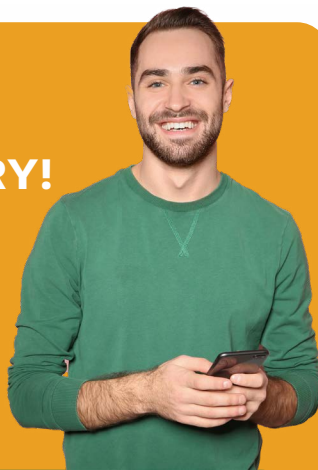
- 1 lb dry black-eyed peas
- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 8 cups water
- 64 oz chicken broth
- 1 lb smoked ham hocks
- 14.5 oz diced tomatoes
- 5 pepperoncini peppers
- ½ teaspoon garlic powder
- ¼ teaspoon ground thyme
- 1 bay leaf
- salt and pepper to taste

**Directions:** Place the black-eyed peas into a large container and cover with several inches of cool water; let soak, 8 hours to overnight. Drain and rinse before using. Heat oil in a large stockpot over medium heat. Add onion and garlic; cook and stir until onion becomes translucent, about 5 minutes. Pour in 8 cups of water and chicken broth; bring to a boil, then reduce heat to a simmer. Stir in soaked black-eyed peas, ham hocks, tomatoes, pepperoncini, bay leaf, garlic powder, thyme, salt, and pepper. Cover and simmer until peas are tender, ham meat is falling off the bones, and the broth is thickened, about 3 hours.

| <https://www.allrecipes.com/recipe/213029/new-year-black-eyed-peas/>

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review of our clinic. Sharing your experience can help us help more people in the community. We look forward to hearing from you!



[CLICK HERE LEAVE YOUR REVIEW](#)

## We Can Help Prevent Pain Before It Starts!



Do any of these statements apply to you?

- I have a job that requires me to sit at a desk.
- I struggle to find time to exercise regularly.
- I never learned proper lifting techniques.
- People frequently tell me I slouch.

If so, you may be at a higher risk of developing back pain. Several lifestyle factors can increase the likelihood of an injury leading to back pain. Fortunately, physical therapy at Achieve Therapy is a great choice not only for resolving back pain but for stopping it before it even begins!

### Three Simple Back Pain Prevention Tips

- 1. Exercise.** Regular physical activity helps strengthen the muscles that support and stabilize your spine. Find something that suits your interests and ability level, such as daily walks, simple resistance exercises, or dance fitness classes.
- 2. Minimize Sitting.** Prolonged sitting can have wide-ranging effects, including increased pressure on your spine. If you have a desk job, get up and move around every 30 minutes or so, even if it's just to stand up and stretch.
- 3. Ask for Help.** When it comes to lifting heavy objects, don't get ambitious! Ask for help when lifting anything heavy or awkwardly shaped, and make sure you're using proper lifting techniques. Not sure what those are? Our therapists will happily show you how to lift without risking injury.

While these tips can get you started, the Achieve Therapy physical therapists can help you develop a customized back pain prevention plan. We'll help you identify any lifestyle factors that might put you at risk of developing back pain and then work with you to address them.

**Grand Forks**  
701.409.1614

**Park Rapids**  
218.216.2491

**East Grand Forks**  
218.316.7798



# NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!

## Fitness Member Of The Month



### Meet Phyllis, our fitness member of the month!

Our January fitness member of the month is Phyllis! Phyllis's favorite thing about Achieve is the friendly staff. She is a big fan of the balance class and she enjoys the variety of other classes offered as well! She looks forward to coming to Achieve every day, just as we look forward to having her!

## Staff Spotlight Heather Walsh



### Say Hello to Heather Walsh, Partner!

Heather has been with Achieve Therapy for the past 20 years as an athletic trainer and physical therapist. She followed in her father, Cliff Lafranieri's, footsteps having a love for helping people get back to life! Heather, her husband, Anthony, and two children, Karlee and Cayden, live in East Grand Forks and enjoy participating in sports, arts, and going to the lake! She loves having fun at work with music, dancing, and the occasional cartwheel!

## FREE WORKSHOPS

### PARK RAPIDS:

Jan. 9<sup>th</sup> at 5:30 PM at Park Rapids Library  
Feb. 13<sup>th</sup> 2024 at 5:30 PM | Knee Pain  
March 12<sup>th</sup> 2024 at 5:30 PM | Shoulder Pain

### GRAND FORKS:

Jan. 16<sup>th</sup> at 5:30 PM  
Feb. 20<sup>th</sup> 2024 at 5:30 PM | Knee Pain  
March 19<sup>th</sup> 2024 at 5:30 PM | Shoulder Pain

[CLICK HERE TO REGISTER!](#)

## Staff Birthdays & Work Anniversaries

### Birthdays

Greg Paintner | Jan 12<sup>th</sup>

### Anniversaries

Ashley Olson | Jan 5<sup>th</sup> (1 year)

Emma Richards | Jan 9<sup>th</sup> (1 year)



Visit us online [achieve-therapy.com](https://achieve-therapy.com) or call the clinic nearest you.

### Grand Forks

1425 S Columbia Rd., Grand Forks, ND  
58201  
**701.409.1614**

### East Grand Forks

1421 Central Ave. NW,  
East Grand Forks, MN 56721  
**218.316.7798**

### Park Rapids

110 Pleasant Ave S.  
Park Rapids, MN 56470  
**218.216.2491**