

# Health & Wellness

## • NEWSLETTER •

# Treating Back Pain and Discomfort

Most of us will experience back pain of some sort during our lifetime. While back pain is prevalent in our society, it isn't something you have to "live with".

### Causes:

Back pain can be caused by multiple things depending on where the pain is in the spine, along with the type of pain you are experiencing. Some common causes of back pain are:

- *Muscle weakness:* muscles work together to help to coordinate proper movements. If you have weakness of one of the muscles surrounding the spine it can cause a muscle imbalance that can cause pain
- *Radiculopathy:* increased compression on a nerve causing burning, numbness, and/or tingling that can shoot down into the extremities

- *Herniated Discs:* a condition where a vertebral disc (located between the vertebrae of your spine) protrudes into the spinal canal. The protruding part of the disc can put pressure on other structures including nerves and cause pain.

### Treatment:

Physical therapy is one of the best options to help relieve your back pain. Physical therapy can not only help diagnosis what is causing your pain but can help you treat your pain by evaluating your body mechanics to help decrease stress on your spine with daily activities. This is done by:

- Improving the mobility of the joints and muscles
- Improving flexibility
- Relieving muscle spasms
- Increasing muscle strength and balance

- Improving posture
- Instructing on proper lifting techniques

The physical therapist at LSTC can help find the cause of your back pain by completing a thorough evaluation discussing your pain and goals to create a specific plan for you. Our team of therapist and athletic trainers will work with you to control your pain and help you reach your goals.

*By Madison Brown, MS, LAT, ATC*



# Splash the Staff!

## SPLASH THE STAFF Fundraiser!

### Now - August 31st!



**WHAT IS SPLASH THE STAFF?** Each summer, LSTC likes to raise money for the local non-profit, Semper K9. We do this through an event called SPLASH THE STAFF! You can make a donation to the clinician or staff member you want to see get splashed with water balloons and all the money we raise goes to SEMPER K9.

**WHAT IS SEMPER K9?** SEMPER K9 is a local non-profit that trains shelter dogs to be service dogs for military veterans and their families. They are able to provide this service to veterans FREE OF CHARGE because of donations they receive. Will you consider donating? For more information about this organization, head to:

<http://www.semperk9.org/>

# Success at LSTC



I FEEL SO MUCH BETTER!!

"I used to have back pain. Coming here, I was hoping to find a solution. The focus was on engaging the core and the glutes which decreased the stress on the lower back. This would allow me to increase the workout loads and also play various sports without worrying about back pain for the rest of the day. Previously, I tried chiropractic care and the results were not satisfactory. I'd recommend going physical over chiro." ~ Surya



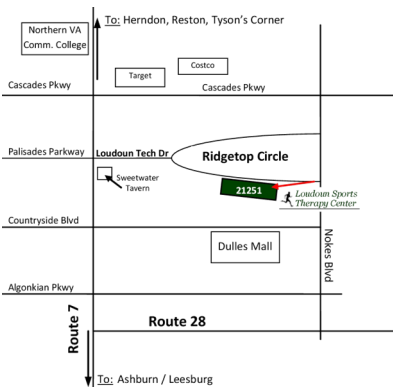
I CAN WALK & STAND MORE COMFORTABLY

"I came here because I was unable to walk without pain from my back. I am thrilled that I am now pain free for the most part. I can walk and stand more comfortably. I am not in pain when I get up in the morning, all of my activities are easier with less pain, and I do not feel as tired with the pain relived." ~ Nancy

## Outpatient Physical Therapy Specializing in:

- \* Lower Back Pain \* Neck Pain \*
- Sciatica \* Hip Problems \* Shoulder Pain \*
- Bursitis \* Tendonitis \* Frozen Shoulder
- Joint Pain and Replacements \* Foot and Ankle Pain \*
- Plantar Fasciitis \* Knee Problems \* Arthritis \* Muscle Pains
- Sprains \* Strains \* Hand, Wrist, and Elbow Problems \* Sports Injuries \*
- Sports Performance Program \*
- Ergonomics \* Runners Program \* Other Conditions

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