

Get Relief For Your Back Pain

We can help...

Here are some interesting facts on back pain:

- ▶ Back pain is the number one disability for those under age 45.
- ▶ In the United States of America alone, there are an expected 31 million people with lower back pain at any given time.
- ▶ Back pain runs second, after only the common cold, as the top reason for visiting a healthcare provider in the United States.
- ▶ Experts place the likelihood of any person to experience some type of back problem in their lifetime at about 80%. That's four out of every five people!
- ▶ Around 30 to 40 percent of all workplace absences are due to back pain.
- ▶ Approximately one quarter of U.S. adults reported having low back pain lasting at least one whole day in the past three months, and 7.6% reported at least one episode of severe acute low back pain within a one-year period.
- ▶ More than two-thirds of back strains are caused by lifting and other exertions like pulling and pushing.
- ▶ Most cases of back pain are mechanical—meaning they are NOT caused by serious conditions, such as infection, fracture or cancer.



The good news is that there is help for back pain sufferers and that is our SPINE program. By improving the movement of your spine, posture, muscle stability and strength, you can have a much healthier, pain-free back. There is a lot that you can learn during the program to make sure you are in control of preventing your back pain from returning. Call us today to learn more about how our SPINE program can help you!



7 Tips for Avoid YOU CAN START FEEL

Here are a few tips that are surprisingly effective at preventing back pain and keeping it from returning:

- 1. Get more exercise.** If your back is hurting, you may think the best way to get relief is to rest. Studies show that frequent changes in position and regular physical activity can actually help ease inflammation and muscle tension faster in the back.
- 2. Maintain a healthy weight.** Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting strain on your lower back. Staying within 10 pounds of your ideal weight may help control back pain as well as all the other health benefits.
- 3. Quit smoking.** Nicotine in smoke, restricts the flow of nutrient-containing blood to spinal discs, so smokers are especially vulnerable to back pain.
- 4. Sleeping position.** If you're prone to back pain, talk with our physical therapists about the best sleeping position. What is most important is to be in a comfortable position that you can sleep in to achieve the most rest. Sleeping on your side with your knees pulled up slightly toward your chest with a pillow between the knees is best during the first 15-30 minutes in bed. Prefer to sleep on your back? Put one pillow under your knees and another under your lower back. Try to avoid sleeping on your front.



Reducing Back Pain FEELING BETTER TODAY

5. Improve your posture. Find a good chair to sit on. Avoid soft couches or chairs that put you in a slouched position. Find a chair that will allow you to keep your feet flat on the floor when you sit. With standing, try to alternate your positions and walk around if possible. Have one foot forward when standing and switch this every 10 minutes.

6. Watch how you lift. Don't bend over from the waist to lift heavy objects. Bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push rather than pull heavy objects.

7. Use supportive shoes. A good pair of shoes, with cushion can reduce pressure on your back. Avoid using high heels as they shift your center of gravity and strain your lower back.

There is a lot that you can do to prevent back pain and alleviate it quickly when it starts. The important part is to work with your physical therapist to address the underlying cause of your back pain. This puts you on the right path to a healthy back that will support you pain free for a lifetime.

To learn more about our SPINE program, contact us today and get on the correct path to a strong, healthy back!

Patient Spotlight

I am able to sleep!

Success Story: - R. Habib

"I had constant neck and shoulder pain and was not able to do housework, lifting, turning my neck, and looking up and down. Now I am able to do my housework, I'm now able to sleep without pain, and able to lift. I also had tightness in my neck while driving and looking over my shoulder, I am now able to drive without any of that pain and tightness in my neck."

CALL FOR AN APPOINTMENT TODAY!

Fremont: 510-745-7700

Los Gatos: 408-637-4777

www.imotionpt.com

Why Choose iMotion Physical Therapy?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended

Exercise Essentials

Try this simple exercise to keep you moving...

The exercise below is designed to be performed under the instruction of a licensed physical therapist.

SINGLE KNEE TO CHEST STRETCH

Lie on your back and bring one knee to your chest, keeping the other foot flat on the floor. Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times with each leg.

Exercises copyright of



SimpleSet Pro

www.simpleset.net

The above exercise is designed to be performed under the instruction of a licensed physical therapist



Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle


iMotion
PHYSICAL THERAPY

**REFERRAL
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- Expertly trained therapists
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- We spend time educating you
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care

Pratik Shah, PT



Sweety Shah, PT



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