



**THE PHYSICAL  
THERAPY INSTITUTE**  
ORTHOPEDICS AND SPORTS MEDICINE

# NEWSLETTER

Helping You Move Through Life  
Pain-Free!

## IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

### 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 The Physical Therapy Institute 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 commencement 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 The Physical Therapy Institute 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. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

#### 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

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.

**Visit Us Online [www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com) or Call [724-503-6993](tel:724-503-6993) Today!**

# 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 The Physical Therapy Institute, 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 The Physical Therapy Institute 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://bmc-musculoskeletal-disorders.biomedcentral.com/articles/10.1186/s12891-021-04422-2> • <https://pubmed.ncbi.nlm.nih.gov/31789300/> • <https://pubmed.ncbi.nlm.nih.gov/31666220/> • <https://www.sciencedirect.com/science/article/pii/S1836955319300578> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/> • <https://www.omicsonline.org/risk-factors-for-chronic-low-back-pain-2161-0711.1000271.php?aid=22679>



**THE PHYSICAL  
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**ORTHOPEDICS AND SPORTS MEDICINE**

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Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
Moon Township	412.725.0193
Mount Lebanon	412.923.0923
Murrysville	724.948.1202
Robinson Physical Therapy	412.866.2764
Derry Clinic	724.948.0901
Greensburg	724.402.5770
Harrison City	724.923.4053
Jeannette	724.558.8009
Lower Burrell	724.558.8013
Mon Valley	724.670.2731
Morningside	412.324.4967
Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518



**NO DOCTOR'S PRESCRIPTION NEEDED!**

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online [www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com) or Call **724-503-6993** Today!



# FREE IN-PERSON WORKSHOPS

[www.physicaltherapyinstitute.com/workshops/](http://www.physicaltherapyinstitute.com/workshops/)

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. **To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email [jwatkins@pt-institute.com](mailto:jwatkins@pt-institute.com).**

**RSVP TODAY!**  
FREE KNEE, LOW BACK, &  
SHOULDER PAIN WORKSHOPS

## PATIENT SUCCESS SPOTLIGHT

*"I had such an amazing experience at PTI Morningside. I have had chronic neck pain for years and it got to an unbearable point, which is when I found PTI and began treatments. Megan and Caitlin were seriously game changers for my neck pain. After a few months of being treated, I noticed almost 100% relief in the daily pain and discomfort I was experiencing. The personalized at home plan for exercises they created for me is incredible and so manageable to keep up with. Megan even reached out after I completed physical therapy to check in and see how I was doing. I can't thank them enough for everything they did for me and it's awesome to know if I ever need anything again, they are there!!" — Alexandra R.*

## 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!



**REVIEWS**

[www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com)



# EXERCISE ESSENTIALS

## SEATED THORACIC EXTENSION WITH CHIN TUCK

*Try this movement to relieve back pain.*

**3 Sets | 5 Reps | 5 Seconds Hold**

Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades.



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

## HEALTHY RECIPE

### CAPRESE SALAD



#### Salad:

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

#### Balsamic Vinaigrette:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper

#### Directions

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

<https://www.tasteofhome.com/recipes/caprese-salad/>



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