



Physical Therapy

N E W S L E T T E R



IT'S TIME TO ENGAGE YOUR CORE!

GETTING TO THE CORE OF BACK AND NECK PAIN

Neck & Back Pain

*How core strength can affect
your spinal column*

Healthy Recipe

*Try this immunity-boosting,
vitamin-packed smoothie!*

Eat Right in 2021!

*Use these simple diet tips for
a healthier new year*



Physical Therapy

NEWSLETTER



IT'S TIME TO ENGAGE YOUR CORE!

GETTING TO THE CORE OF BACK AND NECK PAIN

Back and neck pain are two of the most common issues that American adults experience, putting a huge physical and economic burden on working Americans by being both two of the leading needs for medical intervention and two of the most common causes people have to miss work. While these may feel like two separate issues, it is somewhat common that neck pain and back pain are actually related. Core strength can have a huge impact on your overall health and wellness, and when your core is weak, it could add up to weakness in your neck and back.

Neck Pain 101

There are a lot of reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. What is more, addressing neck pain is sometimes difficult as there is so much potential

to cause more damage to the neck. This is why working with a physical therapist to address neck pain is wise. A physical therapist can help treat neck pain by improving range of motion, using targeted massage techniques, and by improving strength as needed. For example, in many situations, neck pain can be treated by improving core strength.

Back Pain 101

Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. For this reason, back pain can frequently become a Catch-22 — avoiding the things that hurt your back could actually lead you to develop more pain in the future. Working with a physical therapist is the best way to cut your back pain issues in half.

HOW CORE STRENGTH CAN CAUSE NECK AND BACK PAIN



Physical therapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

Core Strength and Back Pain

You may be surprised how frequently issues with the neck and back actually stem from issues with core strength. Your core refers to the muscles that make up your torso, including your abdomen. These muscles are called the core because they are at the center of your body, and they are necessary for just about every action that you engage in. Everything from walking and running and swimming to sitting and driving requires you to engage your core.

There are a lot of reasons to improve core strength outside of any existing neck or back pain. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of developing further back pain in the future. Furthermore, the exercise that helps to improve core strength is often helpful in promoting weight loss, and for those who are overweight, this could also help reduce pain in the neck and the back.

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. There are a lot of ways that working with a physical therapist can help you improve your core strength. You may be encouraged to practice core exercises, for example, which may include abdominal crunches or leg lifts. Light weight-training activities are also frequently helpful, as are balance-based activities like yoga.

If you haven't spent much time building core strength in the past, then working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and movements to reduce further risk of injury.



For more information about how to start improving your core, call us today at 773.541.2020 or visit us at LoopPT.com!

NO REFERRAL? NO PROBLEM!



Save time



Save money



Improve your health naturally

Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



LOOP PHYSICAL
THERAPY CENTERS

WHAT PATIENTS ARE SAYING!

"Patient, friendly, and very knowledgeable. If you're experiencing any pain or discomfort as a result of injury, or just in general, don't hesitate to book an appointment. You'll be happy with their treatment, assessment, and overall friendliness."

— Michael B., October 23, 2020

"Hatice was super wonderful! I did the tele session and she was 2 minutes early and extremely helpful. Very considering, asked lots of questions to really understand where I needed help. The app is also really helpful!"

— Angela H., August 23, 2020

Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling 773.541.2020!

3 HEALTHY-EATING RESOLUTIONS

Resolution 1. Eat More Omega-3s

Solution: Seek out seafood.

Getting more foods rich in omega-3 fatty acids might just help you keep your blood pressure down. Research suggests that omega-3s can help improve your mood, which we all need a little help with in the short, dark days of winter. Aim to get two servings of fish a week, particularly fatty fish, such as salmon, sardines and some types of tuna, which are rich in omega-3s. Not a fish lover? Opt for walnuts and flax, which are good non fish sources of omega-3s.

Resolution 2. Pile On The Veggies

Solution: Get out the roasting pan.

The majority of people don't eat the daily recommended 3 or more servings of vegetables, according to a recent report from the Centers for Disease Control and Prevention. Roasting vegetables caramelizes their natural sugars so they taste fantastic. It's an easy way to cook veggies for dinner—pop a pan of them in the oven and make the rest of dinner while they roast.

Resolution 3. Up Your Fiber Intake

Solution: Experiment with whole grains.

Getting enough fiber may help prevent cardiovascular disease, type 2 diabetes and a number of cancers. And eating more fiber may help you slim down. But the average person eats about 14 grams a day—the recommended daily intake is 21 to 38 grams. One of the easiest ways to up your fiber intake is to eat more whole grains. Quinoa, whole-wheat couscous, bulgur and polenta are all quick-cooking options to add to your weeknight repertoire.

EXERCISES TO DO AT HOME!



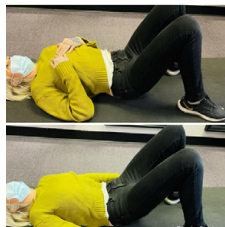
Bear Crawl Hold

Start on all hands and feet, keeping your knees at 90 degree angles, just below the hips, and off of the ground. Lift knees off the floor for 30 seconds and then rest it back down. Repeat 3 times.

Pelvic Tilt

- The pelvic tilt exercise can release tight back muscles and keep them flexible.

- To perform this lower back flexibility exercise: Lie back on the floor with knees bent and feet flat, keeping the arms by the sides. Gently arch the lower back and push the stomach out. Hold for 5 seconds, then relax. Flatten the back and pull the belly/button in toward the floor. Hold for 5 seconds, then relax. Increase the number of repetitions daily, building up to 30.



Bracing Hold

Wall abdominal Bracing Hold and advance to heel tap downs: Legs and 90 degrees and hip and knee. Point toes up. Hide feet behind leg (don't let feet go inside or outside your legs) Ribs down, press belly button into the mat so there is no arch in back. Press hands on wall and you'll feel your entire upper body engage. Tap 1 heel at the time. Don't forget to breathe! Increase the number of repetitions daily, building up to 30.



DO YOU KNOW ABOUT TELEHEALTH?

Telehealth is a way for us to provide virtual physical therapy services to patients in their own homes! Telehealth services can be accessed via your smartphone or computer and allow you to meet and chat with your physical therapist about your treatment plan without coming to the clinic.

By providing care virtually, we are able to give extra comfort and protection for clients with higher risks of COVID-19 infection. In addition to allowing for the practice of social distancing, as recommended by the Centers for Disease Control and Prevention, Telehealth also has other benefits for patients, such as quicker screenings and assessments.

To learn more about our Telehealth services, call **773.541.2020** today or visit our website at **LoopPT.com**

HEALTHY RECIPE WINTER CITRUS SMOOTHIE



Ingredients

- 2 1/2 c. pineapple juice
- 2 1/2 c. orange juice
- 3/4 c. plain yogurt
- 1 banana, peeled
- 3 tbsp honey
- 1/4 tsp ground cinnamon

Directions

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl, and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from freezer and top with orange ice mixture.



For additional nutritional information, visit us at **LoopPT.com** or call us today to set up a dietary consultation with our team member, **Aysin Yavuz!**

Learn more by visiting our website at **LoopPT.com** or schedule your consultation today by calling **773.541.2020!**