

Email Newsletter - LOW BACK PAIN

Physical Therapy Connections / Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

AUG 29, 2017

This newsletter contains information on low back pain as well as our free clinics that we will be offering. Don't forget to visit us on Facebook, Instagram and YouTube!

FREE Neck/Shoulder Open Clinic



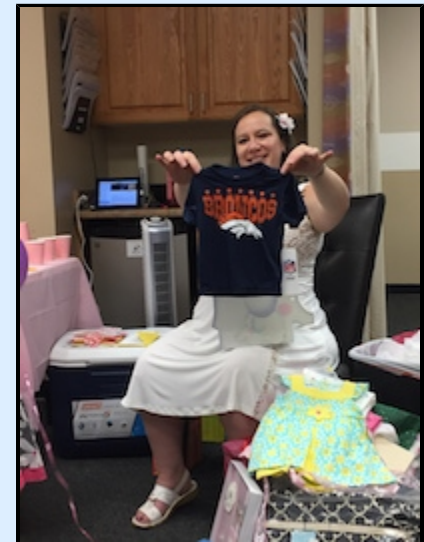
Michael Flores will be hosting FREE Neck and Shoulder Open Clinics every Tuesday starting on 8/29/2017. The clinics will start at 11:00 am and run in 15 minute increments. These are personalized sessions where Michael will answer any questions that you may have as well as show you some methods to reduce your neck and shoulder pain. Spaces are limited so call us today to secure your spot: 719-565-6678.

Physical Therapy For All Types of Back Pain



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Thank you!



Are you suffering from Low Back Pain?

There are solutions that can help you immediately.

First, you need to know a little bit about where your pain is coming from.



There are 3 major categories of Low Back Pain:

- 1.) Low Back Pain with a specific (serious) underlying pathology, such as tumors, fractures, and infections.
- 2.) Low Back Pain caused by nerve root compression as a result of Stenosis or a Herniated Disc.
- 3.) The majority of people (85%-95%) with Low Back Pain fall into this category which is called nonspecific Low Back Pain.

The great news is that we can help people in the last 2 groups, which is where >90% of the people are found.

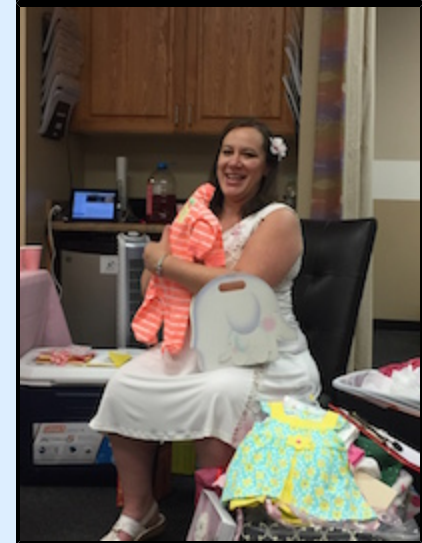
Just because group 3 is called nonspecific Low Back Pain does not mean there is no cause, it just means no one has looked in depth enough to find the cause of your low back pain.

We specialize in finding the root cause of your Low Back Pain to better treat you in the short term and long term.

Usually, people can be treated with one of 4 main treatment approaches.

- 1.) Pain Relief - Modalities can be used to rapidly get rid of low back pain such as low level laser, BioQ Pulse stimulation, Massage, Gentle Soft Tissue Mobilization, Gentle Joint Mobilization, and Education on the Do's and Don'ts.
- 2.) Stability - Some people who have too much motion need to be shown and do stabilization type exercises.
- 3.) Mobility - Some people with Low Back Pain are just plain old stiff in their joints and muscles. These people would need mobility exercises and movements to reduce pain and improve their quality of life.
- 4.) NeuroMuscular Control - This is a mouthful. People who need neuromuscular control are the ones who need to use their mobility with proper stability throughout the entire range of motion. For example, Some people can touch their toes, but can't lift anything from the floor. They have mobility but not stability and strength to use the mobility they have.

Low Back Pain can be complicated, but the simple part of the process is finding out where



Thank you to everyone who came out to help celebrate with Stephanie. Between making diapers out of toilet paper to guessing Stephanie's belly size, we all had a blast. We love to share these moments with you all and are very grateful to have patients like you! THANK YOU!

your pain is coming from and doing the right kind of Treatment to live a pain free life!

Please contact us with your questions or watch our videos on Youtube to give you a better idea on how we can help you or a friend or family member with low back pain.

Physical Therapy Connections, P.C.

www.PT-Connections.com

(719) 565-6678

FREE Low Back Pain Workshop



Experiencing back pain or sciatic issues?

Come to our FREE LOW BACK PAIN WORKSHOP!

On September 11, 2017 at 5:00 pm Physical Therapy Connections will be hosting a FREE low back pain workshop. Bring a friend or a family member to learn how to get rid of low back pain and keep it away. Space is limited, so call us today at 719-565-6678 to secure your spots.

Movements by Physical Therapy Connections, P.C.

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Wellness and Injury Prevention

Learn the lifelong tools to have better balance! Make new friends and live long, and healthy. Monday, Wednesday and Friday at 11am - \$100 / month



Samantha Brown

Physical Therapy Connections

[Email-us](#)

719-565-6678

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