

Email Newsletter - Your Back Pain and What You Can Do About It!

Physical Therapy Connections / Sports Performance & Rehab

Specializing in rapid relief from pain, injury and weakness.

December 4, 2017

This newsletter contains information on the lower back and how we are staying up to date on the best treatment programs for our members. Events in December/January and will also be covered. Don't forget to visit and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), and [YouTube](#)!

The Importance of Prevention

The medical field has always had the model of treating your pain after it happens, but what about before it happens? Usually, you get injured, see your doctor, receive some medication, the medication doesn't work so you get an injection, the injection lasted for while but didn't fix the problem and then you have surgery. 😞 If only there was a way to avoid all of that. Well, there is!



Low back pain is the second most common cause of disability in the US. It affects 29% of adult Americans and is the leading reason for missing work anywhere in the world! The U.S. spends approximately \$90 Billion a year on low back pain. The most popular treatments for low back pain include bed rest, opioid pain killers, steroid injections and spine surgery. These methods are often not helpful and can sometimes cause more harm. For instance, in 2017 more than 30,000 Americans will die from opioid overdoses...30,000!! We can also consider surgeries to be part of the problem. Only a small portion of patients who have chronic low back pain require surgery according to [a recent study published by UpToDate](#). Steroid Injections also fall short of fixing low back pain. They may relieve the pain for a short period of time, but usually the effects dissipate after a month or two and you are back to square one.

Of course, there are instances when surgery and other treatment is immediately needed, but if you have chronic back pain and your doctor rules out a serious cause, then you have many alternatives that are cheaper and more effective than surgery.

So what can we do to "fix the system" and treat low back pain? Well, luckily the tides are slowly changing.

In February of 2017, the American College of Physicians advised doctors and patients to try "non-drug therapies" and avoid prescription drugs and surgical options when possible. The evidence that exercise programs, yoga and massage can help people alleviate chronic low back pain is increasing every year.



We often want to curl up on the couch or stop moving altogether when low back pain strikes, but studies are showing that this is the exact opposite of what we should be doing. Studies that compare exercise to no exercise for chronic low back pain show that physical activity can help relieve pain, while being inactive can delay a person's recovery.

Your next step is to find what program works best for you. People experience pain very differently, and what may work for one person may not work for others. This is why it is important to schedule an evaluation with your physical therapist! They can design a program that is specific to your needs and focuses on your specific ailment.

So don't waste your time and money trying to put a bandaid on your chronic low back pain with opioids, injections and unnecessary surgeries. Get to the root of your problem by creating a specific exercise program that is tailored to your needs.

Low Back Pain Workshop, Shoulder Clinic and Teaching Massage

Workshop for Back Pain

Monday December 4, 2017

from 5:00 pm—6:00 pm

At Physical Therapy Connections

With Stephanie Nolting, DPT



If you or someone you know is experiencing pain in their back, come to Stephanie's FREE Workshop. Stephanie will show you simple tips that you can use at home to get rid of pain fast!

Monday December 4, 2017 from 5:00 pm - 6:00 pm with Stephanie Nolting, DPT

Learn why you have low back pain and what to do about it.

[RSVP Here](#)



[Save As PDF](#)

What we're up to



Madison, from Madison's Mission, was kind enough to bring the PTC team some goodies for helping her with her donations.

For those of you who have been into our clinic in the last year, you may have seen a huge box in the front office that says "Madison's Mission, 1 Pair at a Time". Madison is the wonderful young lady who has been helping those in need by providing them with donated shoes.

We have had so many people, both members and non-members, bring in shoes that they no longer use. Madison has come about once a month to collect these shoes to give to those who need them most.

We are so honored to help you with your cause and thank you to everyone who donated!

Want to know why we love working at PT-Connections so much? [Click here](#) to see some of our patient testimonials.

THANK YOU!

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 11:00am.

First visit is FREE for current patients!



Samantha Goeke
Physical Therapy Connections,
P.C.

[Email-us](#)

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PT Connections Social Media



Tuesday December 5, 2017 from 11:00 am - 11:45 am with Michael Flores, DPT

Learn what you can do to get rid of your shoulder pain

There is only one spot available, so [RSVP today!](#)



Wednesday January 17, 2017 with Michael Coffee, LMT

Michael will show you different ways to correctly perform a massage.

Couples are encouraged to come!

Toy Drive

Physical Therapy Connections Toy Drive



We are hosting a toy drive until December 18 inside of Physical Therapy Connections to support children who are victims of human trafficking. Proceeds go to Bridge Hope of Denver. Walmart gift cards are also accepted. Come by and drop your toy off in the red wagon to support a good cause.

Thank you for your support!

To see more pictures, follow us on our [Facebook page](#), [Twitter](#) account or [Instagram](#) (Share this with as many people as you want).

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