

The Stay Healthy El Paso Newsletter September 2020



*We Help People In El Paso Keep Active, Mobile
& Healthy While Avoiding Unnecessary
Injections & Surgery*

TOP 4 TIPS FOR LOWER BACK ARTHRITIS

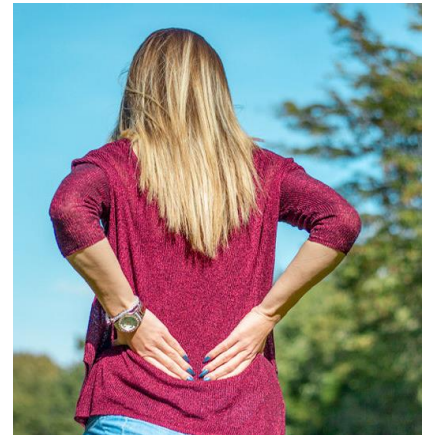
Are you looking for help with arthritis in the lower back? Have you been suffering from stiffness, shakiness, tiredness in the low back? Especially in the morning, when first getting up to take those first few steps and start your day? Is it tough to get going after sitting for a long time or when lying down for a while?

Sadly, many who suffer from osteoarthritis, end up having a surgery for it, many have to get injections on a regular basis, and many more than that live off of pain medications every day. They are taking over the counter pain medications or prescription strength medication that they'd rather not be on because its harmful effects on another body parts.

Let's talk about the top 4 tips to help ease lower back arthritis.

Core Strengthening Exercises

A lot of people say just go do exercises, but to be specific, we have to strengthen the core and it's typically the abs muscles. But I would also include the glutes. It's not just an ab problem but more so an abs and glute weakness problem, that contributes to a lower back arthritis situation. If you haven't really worked on your abs, that's something you want to start doing to strengthen your abs which will then help ease your back-arthritis problem.



Simple stretches

When I talk about stretches, you want to just stay in this forward and back motion. Like going towards your toes and going backwards can be beneficial. I would, there are certain stretches that I would want to avoid. That's actually tip number three. I'll cover that in a second. But its stretches where you feel like you are bending your back all the way forward or all the way backwards are generally okay to start with.

Avoid Twisting Motions

Typically, and this is related to those stretches, avoid twisting motions. Some people like to twist all the way around one way, and the other way, and maybe you enforce a joint to pop or click. And that can be relieving sometimes, but I would avoid it if you have a low back arthritis problem, because chances are, there's a bunch of stiff joints in the lower back because of the arthritis. And there's usually one or two joints that are compensating for all the stiff joints. And you might be over twisting that one joint that's moving way too much in creating a disc problem or a pinched nerve problem later on.

Avoid Shoes With Heels

Now this goes for both men and women. Of course, women are probably the ones that are typically going to wear heels more so than men. But men do wear heeled shoes here and there, such as smaller heels typically with like in boots or dress shoes. Even just a little elevation, it changes the way that your ankles are positioned when you walk, which influences the knees and hips and can translate all the way into the lower back. And generally, the bigger the heal, the more forces are going to be disrupted and affecting your back & neck.

Common Client Concerns

"Will I need back surgery?"

"What if surgery doesn't work for my back problem?"

"I feel 'old' because I can't pick up things from the floor anymore..."

"I don't think I'll be able to travel if this doesn't get better..."

"The doctor said I can only have a limited number of pain injections...what will they recommend next?"

"Is it possible for this to get better without surgery?"

"I've been relying on pain medications almost daily, what is this doing to my organs..."

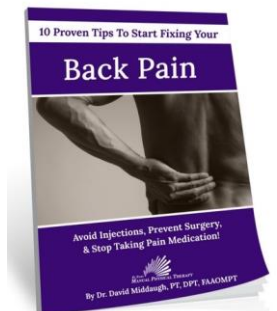
"I'm missing hours of sleep every night because of my back problem, this can't be good for my health..."



Grab Your Copy Of Our Popular Back Pain Guide

Why put off NATURALLY treating your back pain? You can request the **"10 Proven Tips To Start Fixing Your Back Pain"** Guide right now.

Visit us at www.EpManualPhysicalTherapy.com or call us at **915-503-1314** to request your copy.

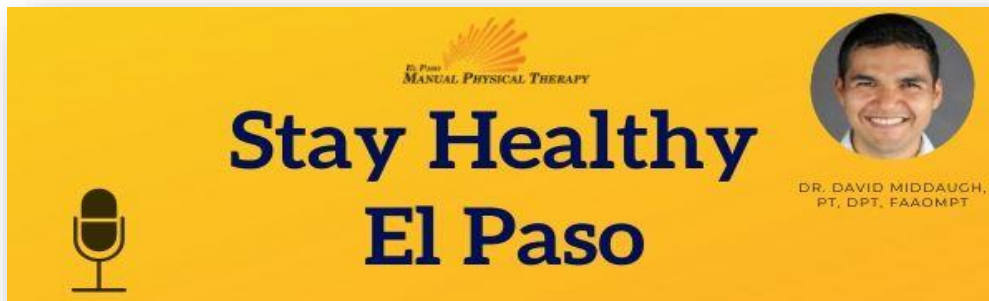


These four tips are a great starting point to help ease lower back arthritis problems, however, the most effective and quickest way of treating any back-arthritis problem and to make sure that it gets under control and managed properly is to get expert help.

Getting expert help really just speeds up that process to make sure that you are doing the right exercises that you are not doing the wrong stuff. And that you are thinking about this properly so that you can learn how to take care of your back arthritis for the rest of your life. I strongly encourage you to reach out to an expert like a manual physical therapist to make sure that your lower back arthritis problem gets under control and handled properly.

If you are thinking of hiring us to help you with your low back arthritis problem, the quickest way to begin that process is by giving us a call at 915-503-1314 and start the conversation so we can hear more about your back-arthritis problem and start your recovery journey.

To schedule Your Free Discovery Session, Contact Us Today!



The Stay Health El Paso Podcast latest episodes:

Episode 22 Misdiagnosed Plantar Fasciitis - How To Figure Out Heel Pain

We often get patients who are dealing with heel pain but are not quite sure why they are experiencing this pain. They wonder if it is Plantar Fasciitis or something completely different. In this episode we discuss what Plantar Fasciitis is, and what it isn't. Because too often, the heel pain is just a symptom but not the real problem that needs to be addressed.

Episode 23 Top 4 Reasons Why You May Get Knee Pain From Walking & Running

Have you ever wondered why your knee starts hurting after you have been walking for a little while, or maybe if you are running, you are noticing that your knee starts to hurt quite a bit? In this episode we are going to talk about some of the reasons why your knee may start hurting, what the underlying cause could be, and what to do about it.

Episode 24 Most Common Causes For Swelling In The Knee

Knee swelling is a very common problem many of our clients have quite frequently. Often, they don't even know what caused their knee to swell up. In this episode I will go over the most common causes for swelling in the knee and what you can do about it.

Episode 25 7 Helpful Tips To Help With Lower Back Arthritis

Waking up in the morning with stiffness in the lower back is not a great way to start the day. In fact, it can be quite debilitating if your back is hurting, if you need to take things slow because you are too stiff to get moving. This often happens if you have arthritis in the lower back and in this episode, I share some helpful tips to help with lower back arthritis.

Visit www.StayHealthyElPaso.com

HYBRID HEALING PHYSICAL THERAPY PROGRAM

Where We Help People Keep Active, Mobile & Healthy While Avoiding Unnecessary Injections & Surgery.

Announcing our brand new Hybrid Healing Physical Therapy Program!

An online, self-paced Physical Therapy Program with guidance from a Specialist Physical Therapist.

This program is for someone who:

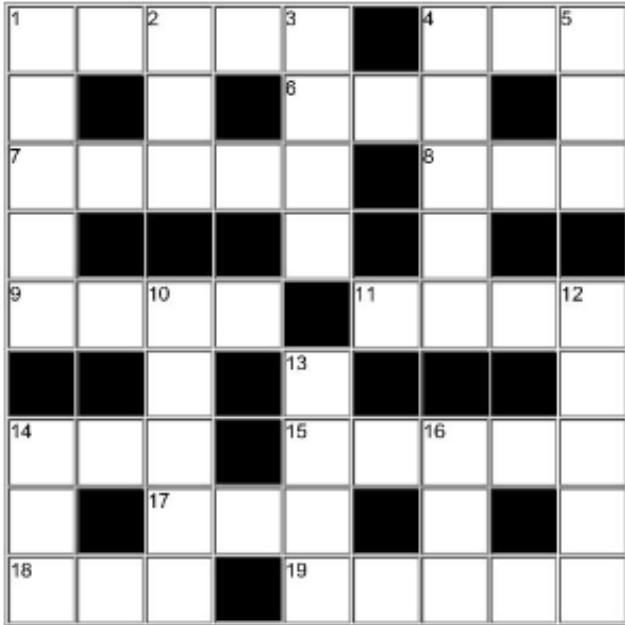
- Is proactive in avoiding an unnecessary surgery
- Is looking for exercises guided by a specialist physical therapist
- Is ready to work on exercises on their schedule at home

It's different from normal Physical Therapy because it is NOT necessary to attend in-person visits. Patients can meet with their Specialist Physical Therapist online through video calls. It is possible to do some in-person visits in case the patient requires a more detailed hands-on examination and treatment.

For More Information Call Us At 915-503-1314



To schedule Your Free Discovery Session, Contact Us Today! 915-503-1314



Across

- 1. Cook on gridiron
- 4. Work with shovel
- 6. Belonging to us
- 7. Repeated another time
- 8. Small insect
- 9. 10 cent coin
- 11. Frozen precipitation
- 14. Food tin
- 15. Grayish green
- 17. Hooting bird
- 18. Sticky black substance
- 19. A lollipop

Down

- 1. Protect
- 2. Northern Ireland army
- 3. Not short
- 4. Empty liquid from container
- 5. Acquire
- 10. Not major
- 12. Fully of weeds
- 13. Tootsie ____
- 14. Feline
- 16. Sick

Answers to 9x9 Crossword #270:

Across: 1.dad, 3.send, 5.east, 6.itsy, 8.narf, 11.ark, 12.sync, 15.mesh, 16.ever, 17.narf, 18.down
Down: 1.down, 2.dear, 3.stinks, 4.day, 7.stun, 9.ease, 10.father, 13.yard, 14.card, 15.man

We're gifting a new Keurig K-Duo Plus Coffee Maker - (\$199 value)!!!

Put us in touch with your friend, or family member that needs to get back to being active, healthy and mobile, while avoiding unnecessary surgery, injections and medications

When your loved one gets in touch with us, and mentions YOUR NAME, we'll make sure you get into this raffle.

Here are the rules for the raffle:

- We'll enter 1 ticket on your behalf, if you can give your loved one a nudge to get in touch with us and mention YOUR NAME.
- You'll get 5 more tickets when they come to their first visit with us.
- You'll get 5 tickets if they decide to get a massage with us
- If they start treatment with us, you'll get 10 more tickets.
- Anyone can join the raffle.
- No limit on the number of people you can put in touch with us.



The lucky winner will be drawn on Wednesday, September 30, 2020

Contact Us

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