



BayLife

Physical Therapy & Rehabilitation, Inc.

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 Baylife Physical Therapy 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 Baylife Physical Therapy 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.

Visit Us Online www.baylifept.com or Call Today [\(727\) 520-0800](tel:7275200800)

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 can occur.

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.

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 Baylife Physical Therapy, 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 Baylife Physical Therapy 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://bmcmusculoskeletdisord.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-forchronic-low-back-pain-2161-0711.1000271.php?aid=22679>

Visit Us Online www.baylifept.com or Call Today (727) 520-0800

FREE PAIN CONSULTATION



BayLife

Physical Therapy & Rehabilitation, Inc.

**CALL (727) 520-0800 TO
SCHEDULE TODAY!**

Spots are limited, call today!

Call to schedule.
Expires 11-23-23

CALL US TODAY

BayLife • St. Petersburg | P: 727.291.4794

Back In Action • Deerfield Beach | P: 954.287.4653

Back In Action • Tamarac | P: 954.710.5416

Back In Action • Plantation | P: 954.231.2915

Back In Action • Coconut Creek | P: 954.519.6539

QPR • Stuart | P: 772.758.5865

QPR • Port St. Lucie | P: 772.758.5843

QPR • Port St. Lucie | P: 772.758.5885

QPR • Fort Pierce | P: 772.758.5881

Florida PTI • Estero | P: 239.695.7532

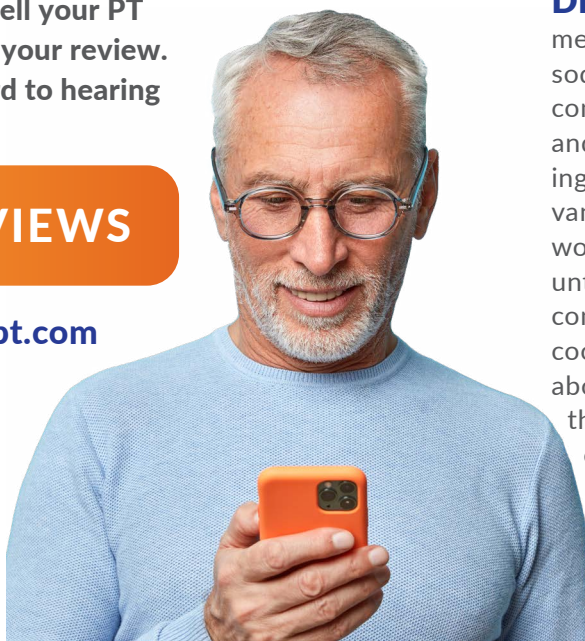
WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT
story and leave your review.
We look forward to hearing
from you!



REVIEWS

www.baylifept.com



EXERCISE ESSENTIALS

DOWNWARD-FACING DOG

Start on your hands and knees. Press into your hands as you lift your hips toward the ceiling. Drop your head down to bring your ears in line with your upper arms or your chin all the way in toward your chest. Bend your knees to tilt your pelvis slightly forward. Intuitively move your body through any variations that feel appropriate. Hold this pose for up to 1 minute.



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

HEALTHY RECIPE

CHOCOLATE HAZELNUT BISCOTTI

Ingredients:

- 1 1/3 c all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp kosher salt
- 1/2 c butter, softened
- 1/2 c sugar
- 1/2 c chocolate hazelnut spread
- 1/2 c brown sugar
- 1 egg



- 1 tsp vanilla extract
- 3/4 c chopped toasted hazelnuts

Directions: Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.

Call Today (727) 520-0800