

FALL IN LOVE WITH A PAIN-FREE BACK

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- Patient Success



FEBRUARY 2024

HEALTHY RECIPE



VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, rising from sitting or bending over difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At McCabe and Brady Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the cause or causes of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

WHAT CAUSES BACK PAIN?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease or specific structural problem, but caused by mechanical issues. Mechanical low back pain issues can be difficult to pinpoint; however, the therapists at McCabe and Brady Physical Therapy are spine specialists and are McKenzie trained and certified.

The first step in treating your back pain is performing comprehensive, mechanical, diagnostic and therapeutic evaluation to help us determine the source of your lower back pain and establish the appropriate treatment plan specifically for your pain.

Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates — that is protrudes out — and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped-over position, and often pain down the leg known as sciatica.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

WHY PHYSICAL THERAPY AT MCCABE AND BRADY PHYSICAL THERAPY IS YOUR BACK PAIN SOLUTION

While back pain often resolves on its own within 1-3 months, there has been shown a 100 recurrence rate without treatment. Physical therapy is an excellent way to treat your lower back pain and educate you on ways to prevent recurrence. All of our back pain treatment plans are formulated from your evaluation findings and are thus customized to your specific condition. We'll work to address the underlying

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issues causing your pain rather than simply masking the symptoms. How will we do this? Through a blend of the following techniques:

STEP 1: Assessment

Unique to the McKenzie Method is a comprehensive and logical step-by-step process to evaluate the patient’s problem quickly. This mechanical examination can “classify” most patient conditions by the pain or limitation level resulting from certain movements or positions. A McKenzie assessment can eliminate the need for expensive and/or invasive procedures. Research has shown the initial McKenzie assessment procedures to be as reliable as costly diagnostic imaging (i.e., x-rays, MRIs) to determine the source of the problem and quickly identify responders and non-responders.

STEP 2: Treatment

The McKenzie treatment prescribes a series of individualized exercises. The emphasis is on active patient involvement, which minimizes the number of visits to the clinic. Ultimately, most patients can successfully treat themselves when provided with the necessary knowledge and tools. A certified McKenzie clinician can provide advanced hands-on techniques for patients with more difficult mechanical problems until the patient can self-administer.

STEP 3: Prevention

By learning how to self-treat the current problem, patients gain hands-on knowledge on how to minimize the risk of recurrence and deal with recurrence if it occurs rapidly. The likelihood of problems persisting can more likely be prevented through self-maintenance.

GET MOVING AGAIN WITH PHYSICAL THERAPY!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The McCabe and Brady Physical Therapy team is here to help you break that cycle and find relief from back pain for good.

Call us today to schedule an appointment!

Prevent Back Pain and Mobility Restriction Before It Starts!

Do any of these statements apply to you?

- I have a job that requires me to sit at a desk.
- I struggle to find time to exercise regularly.
- I never learned proper lifting techniques.
- People frequently tell me I slouch.

If so, you may be at a higher risk of developing back pain. Several lifestyle factors can increase the likelihood of an injury leading to back pain. Fortunately, physical therapy at McCabe and Brady Physical Therapy is a great choice not only for resolving back pain but for stopping it before it even begins!

THREE SIMPLE BACK PAIN PREVENTION TIPS

Tip 1: Exercise. Regular physical activity helps strengthen the muscles that support and stabilize your spine. Find something that suits your interests and ability level, such as daily walks, simple resistance exercises, or dance fitness classes.

Tip 2: Minimize Sitting. Prolonged sitting can have wide-ranging effects, including increased pressure on your spine. If you have a desk job, get up and move around every 30 minutes or so, even if it’s just to stand up and stretch.

Tip 3: Ask for Help. When it comes to lifting heavy objects, don’t get ambitious! Ask for help when lifting anything heavy or awkwardly shaped, and make sure you’re using proper lifting techniques. Not sure what those are? Our therapists will happily show you how to lift without risking injury.

While these tips can get you started, the McCabe and Brady Physical Therapy physical therapists can help you develop a customized back pain prevention plan. We’ll help you identify any lifestyle factors that might put you at risk of developing back pain and then work with you to address them.



Doug Brady worked with me for several months, helping me with a longstanding back problem. He quickly diagnosed the problem and gave me the right exercises to recover and manage going forward. It’s been a few months since I completed therapy and I’m still doing some of the exercises and feeling good. In addition, when I came in one day with positional vertigo, Doug treated that, too. He’s a great guy! -M.R.



CALL TODAY!

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4 TIPS TO AVOID A WINTER SLUMP

Are you feeling a little down this winter? If so, you're certainly not alone. The winter season is a tough time for many people. The lack of sunlight, cold weather, and shorter days can lead to the winter blues, which causes people to feel tired, lethargic, and less motivated.

The winter blues can be triggered by seasonal affective disorder, which causes some people to experience depression during the winter months. The most common symptoms include feeling down or sad, having trouble concentrating, sleeping too much, and gaining weight.

Thankfully, there are many ways to reverse your winter slump and beat the winter blues, including:

1) Exercise more: Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.

If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.

2) Socialize more: Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

3) Take care of yourself: Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.

4) Get a hobby: Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.



WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!



- ★ WARMINSTER
- ★ IVYLAND
- ★ NEW BRITAIN

FEBRUARY IS HEART HEALTH MONTH

When's the last time you thought about your heart health? February is heart health month, so there's no better time to give one of your most essential organs the attention it deserves.

1. Exercise regularly

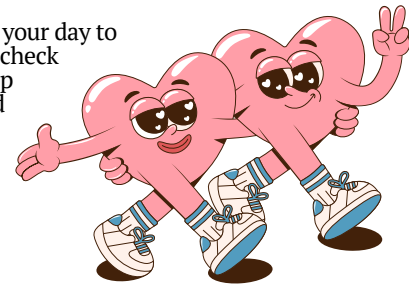
Regular physical activity can help you gain muscle strength and endurance. Exercise helps your cardiovascular system work more efficiently by delivering oxygen and nutrients to your tissues.

If you are not currently exercising regularly, start by taking a ten-minute walk around your neighborhood each day. From there, increase the amount of time you walk each day and quicken your pace. You will eventually be able to work up to a more strenuous activity, like running or biking.

2. Manage your stress

Did you know that there are over 1,400 biochemical responses to stress? Some of these include a rise in blood pressure and a faster heart rate. For these reasons, stress can have long-term adverse effects on your health.

Try to take the time out of your day to practice mindfulness and check in with your body. Deep breathing activities and meditation can do wonders for anxiety. Practicing yoga may also help you decrease your stress levels.



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

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Or request an appointment online at
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