MAGNOLIA
Physical Therapy

P: (504) 733-0254
F: (504) 734-8869
MagnoliaTherapyLA.com

FREEDOM FROM PAIN

The Newsletter About Your Health and Caring for Your Body

INSIDE: Back Pain Prevention • Merry Christmas from Your Magnolia Team • Christmas Wellness Special



LIVE YOUR BEST LIFE AGAIN

MAKE YOUR STORY BACK PAIN RECOVERY

HARAHAN
5606 Jefferson Hwy.
Harahan, LA 70123
(504) 733-0254

MARIGNY
2372 St. Claude Ave.
Ste. 104
New Orleans, LA 70117
(504) 943-8026

UPTOWN
2613 Napoleon Ave.
New Orleans, LA 70115
(504) 733-0254

CBD
234 Loyola Ave.
Ste. 302
New Orleans, LA 70112
(504) 407-3440

WESTBANK
1530 Lapalco Blvd.
#21
Harvey, LA 70058
(504) 733-0254



LIVE YOUR BEST LIFE AGAIN

MAKE YOUR STORY BACK PAIN RECOVERY

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

What Causes Back Pain?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and abdominal muscle weaknesses
- Bad posture and bad sleeping positions
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Poor abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain. Medication might mask the pain, but it won't cure the problem's root cause and can lead to adverse side effects and addiction if abused.

Back Pain Solutions

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

Have back pain that just won't go away? We want to help! Call us today at (504) 733-0254 or visit MagnoliaTherapyLA.com.

MERRY CHRISTMAS FROM YOUR MAGNOLIA TEAM















BACK PAIN PREVENTION

SIMPLE SOLUTIONS FOR A PAIN-FREE LIFE

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're first facing the object and standing as close as possible. Then squat while keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

Take charge of your back pain by calling us at (504) 733-0254 or by visiting MagnoliaTherapyLA.com. We can help get your life back.

Sources:

www.apta.org

www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics

www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet

SUCCESS STORIES



If you need a safe, supportive place to recover, this is the place! I came to the Marigny location with a brain injury– I had severe headaches, no balance, and vertigo. I could not even move my neck. I met with Dr. Marek who stuck with me through thick and thin, providing a lot of personal attention. He is extremely supportive & answered all my questions. Today, I am balanced and feel so much better. My husband and I would like to sincerely thank Ryan, the physical therapist assistants and all the support staff for helping us through a difficult time in our lives." **– L. A.**



ORANGE CRANBERRY **BREAD**

- *2 cups white whole wheat flour*
- *1/2 cup sugar*
- *1 teaspoon baking powder*
- *1/2 teaspoon baking soda*
- *1/2 teaspoon salt*
- *1 cup fresh cranberries*
- *1 teaspoon orange zest*
- *1/3 cup coconut oil, melted*
- *3/4 cup fresh orange juice*
- *1 egg*

Grease an 8×4 inch loaf pan. Set aside. Preheat oven to 350° F. In a large bowl, add white whole wheat flour, sugar, baking powder, baking soda, salt, cranberries, and orange zest. Gently stir. In a separate medium-sized bowl, add coconut oil, fresh orange juice, and an egg. Add wet ingredients to dry ingredients. Stir to combine everything together. Scrape the batter into the prepared loaf pan. Bake for 30-35 minutes. Remove and let cool for 5 minutes. Serve and enjoy!

https://www.joyfulhealthyeats.com/moist-orange-cranberry-bread/

EXERCISE ESSENTIALS

USE THIS TECHNIQUE FOR CORE STRENGTH

Supported Bridge

Lie on your back with knees bent and your feet hip distance apart. Place your feet close enough so they can be touched by the finger tips. Inhale and lift the hips, and while doing so, place a block or rolled up towel under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.

For a more challenging exercise, repeat the same steps without using the block for support. When lifting hips, try to arch to the point where your torso and hips become a straight line and your pelvis is level. Try not to arch too high. Hold for about 5 seconds while continuing to breathe and then slowly set yourself back down.



Exercises copyright of SimpleSet Pro

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

FEATURED SERVICE

MANUAL THERAPY



Manual therapy is a safe, effective and non-invasive treatment method that is used by physical therapists to target the areas of the body that are limited in motion. Manual Therapy works to improve your movement and reduce your pain, and is is especially beneficial if you are experiencing spine problems, joint injuries or other health conditions.

During treatment, your physical therapist may work to relieve pain with joint manipulation, manipulation of the muscles, joint mobilization and kneading. This hands-on approach to healing is designed to help manage chronic pain, increase range of motion, reduce inflammation, treat joint structures and promote faster healing.

Our expert physical therapists have years of specialized training to provide gentle, specific hands-on techniques to address muscle and joint injuries. This includes massage (soft tissue mobilization), joint mobilization, and neuromuscular techniques to help you feel better.

If you or a loved one is experiencing musculoskeletal pain, contact our offices today to learn more about the benefits of manual therapy.

To learn more about Manual Therapy and other services we offer, call us today at (504) 733-0254.

Christmas Wellness Special

PURCHASED BETWEEN DECEMBER 20- DECEMBER 30

20%

CURRENT Patient Special:

WELLNESS & MASSAGE SESSIONS

15%

WELLNESS & MASSAGE SESSIONS

10%

WELLNESS & MASSAGE PACKAGES

HOLIDAY GIFT CERTIFICATES AVAILABLE!

DIRECT ACCESS

WHAT DOES IT MEAN?

Physical Therapy is Easier to Get Than You Think!

- A physician referral no longer needed, whether you want a check-up, suffered a recent injury, or if you want to improve your overall health and wellness.
- Therapy may begin with a full evaluation by a licenced physical therapist.
- Patients sent by their physician can choose where they want to receive therapy.

Don't let your pain hold you back. Call us today at (504) 733-0254 or visit our website at MagnoliaTherapyLA.com.