Magnolia Physical Therapy

# Newsletter

## Attention Back Pain Sufferers:

# YOU CAN ENJOY YOUR LIFE AGAIN



It is important to realize that you have ONE SPINE and it functions as a whole. It is not just a bunch of bones, ligaments, tendons, and discs thrown together. It is a beautiful and very complex structure that needs flexibility, strength, coordination and good posture. At Magnolia Physical Therapy we help you regain spine health return to activities you love!

www.magnoliatherapyla.com facebook.com/MagnoliaTherapy

MAGNOLIA Physical Therapy

*Freedom From Pain*

# Newsletter

## "Can You Imagine Life Without Back & Neck Pain?"

**FIND OUT THE REAL CAUSE OF YOUR PAIN, AND HOW TO FIX IT!**



### What affects the top affects the bottom

If you have problems with your upper neck such as tight muscles, poor alignment, previous injuries, whiplash, or poor posture, this can dramatically change the load and forces on your low back.

For example, if you work at a computer or sit watching TV in a slouched position for many hours, over time your head and neck become forward protruding. Since your head weighs between 10-12 pounds (about the weight of a bowling ball), and is now balanced forward, all your back muscles have to work harder to keep you from falling forward. Over time, this leads to pain, inflammation, and injury to the low back.

Do you find when looking over your shoulder you have to turn your body a lot? When motion is limited in your neck, the ability to turn your head is compensated by over-rotating the lower back. This is not normal and causes more strain to the mid and lower back giving you pain. If you feel back pain, see if your neck could be the cause by coming in for a free consultation with one of our experts. Give us a call today to learn more!

## INSIDE:


- Find the Cause
- Simple Step
- Patient Results
- Sudoku
- Exercise


## CALL TODAY!


**Harahan:**
(504) 733-0254

**Marigny:**
(504) 943-8026

**Uptown:**
(504) 309-5460

**Freret:**
(504) 309-9400

**CBD:**
(504) 733-0254

www.magnoliatherapyla.com
facebook.com/MagnoliaTherapy

# A simple test:

## Find out if your upper back and neck are causing your back pain...

1. Stand normally with a friend facing you to observe your movements.
2. Turn your head left and right as far as you can comfortably. Have your friend note how far you turn.
3. Now sit in a chair and repeat the turning of your head both ways, have your friend again note how far you go.
4. Ask your friend if there is a difference in your neck movement, standing compared to sitting.
5. If your neck movement is more limited in sitting, then it is your neck or upper back that is tight and can be causing your low back pain.

## How do your therapists at Magnolia PT relieve back pain?

Our therapists are medical experts trained in evaluating muscle and joint movement. First, a thorough evaluation is done to determine the source of your back pain, and if your neck or upper back can be affecting it. Then, a complete plan of care is put together based on your individual needs. We treat with the latest gentle, hands-on therapeutic techniques to rebuild your strength, coordination and overall function. Furthermore, we teach you how to protect your body, improve your posture and balance, and how to prevent a recurrence of pain. Give us a call today, we can help!



## Staff Spotlight

**Dr. Lauren Manna, DPT**
**Clinic Director Elmwood**

Lauren earned her Bachelor of Science degree in biology from the University Of Tennessee at Martin in 2008. After completing her undergraduate coursework, she entered physical therapy school and earned her doctorate in physical therapy in 2012 from the University Of Tennessee Health Science Center. Lauren is a native of Tennessee and an avid Tennessee sports fan. In her spare time, she enjoys volunteering with different local organizations, playing in sports leagues, exercising and cooking.

# SUDOKU PUZZLE

**The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9. A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells.**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | 3 | | 8 |
| | 9 | 7 | | | | | 1 | |
| | | | | 4 | 6 | | 2 | |
| 5 | | 3 | 8 | 1 | 7 | | | 6 |
| | | | | | | | | |
| 9 | | | 5 | 6 | 3 | 7 | | 2 |
| | 3 | | 7 | 5 | | | | |
| | 4 | | | | | 2 | 3 | |
| 1 | | 2 | | | | | | |

http://1sudoku.com n° 36953 - Level Hard

## Quadruped Alternate Arm and Leg Raise

### *Helps To Strengthen Your Core*

While on your hands and knees, slowly raise up an arm out in front of you. Then slowly raise opposite leg behind you, while keeping your back straight. Hold for 10 seconds then repeat 3 times on both sides.



# Physical Therapy Gets Results!



PATIENT RESULTS

## Magnolia has given me back my life!

### Patient Success Story!

"When I came to Magnolia, I could not move my shoulder. After therapy, I am almost pain free and do just about everything again!

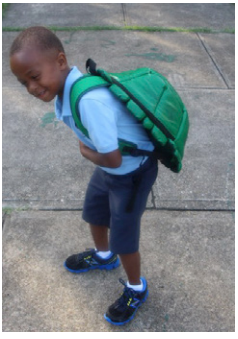
Most importantly, I was able to avoid back surgery and can now hug my son again. I would recommend Magnolia to anyone with a frozen shoulder. The staff was knowledgeable, helpful and patient. Magnolia has given me back my life- thank you!"

MAGNOLIA Physical Therapy
*Freedom From Pain*

# IS YOUR CHILD'S BACK PACK GOING TO **CAUSE INJURY?**

## Finding a Safe Pack

Despite their potential problems, backpacks are great when used properly. Before you buy one, though, consider a backpack's construction.



**Look for the following to choose the right backpack:**

- Lightweight pack: get one that doesn't add a lot of weight to your child's load; for example, leather packs look cool, but they weigh more than canvas backpacks
- Two wide, padded shoulder straps: straps that are too narrow can dig into shoulders
- Padded back: it not only provides increased comfort, but also protects kids from being poked by sharp objects or edges (pencils, rulers, notebooks, etc.) inside the pack
- Waist belt: this helps to distribute the weight more evenly across the body
- Multiple compartments: to help distribute the weight throughout the pack

## Using Backpacks Wisely

**To help kids prevent injury when using a backpack:**

- **Lighten the load.** No matter how well-designed the backpack, less weight is always better. Use the bathroom scale to check that a pack isn't over 10% to 15% of your child's body weight (for example, the backpack of a child who weighs 80 pounds shouldn't weigh more than 8 to 12 pounds).
- **Use and pick up the backpack properly.** Make sure kids use both shoulder straps. Bags that are slung over the shoulder or across the chest — or that only have one strap — aren't as effective at distributing the weight as bags with two wide shoulder straps, and therefore may strain muscles. Also tighten the straps enough for the backpack to fit closely to the body. The pack should rest evenly in the middle of the back and not sag down to the buttocks.

**You may need to adjust your kids' backpacks and/or reduce how much they carry if they**:

- Struggle to get the backpack on or off
- Have back pain
- Lean forward to carry the backpack

If your child has back pain or numbness or weakness in the arms or legs, talk to your doctor or a physical therapist.