



Don't Ignore Your **Back Pain**

Do you feel aches and pains in your lower back? If so, you are not alone. Four out of every five Americans will suffer from back pain at some time in their lives. Without proper spine mobility, stability and alignment your back structures wear down over time, similar to tires that are out of alignment. There are many different back conditions, but here are a few common ones:

Lumbar or sacral radiculopathy: The result of pressure on a nerve exiting the spine. Pain, numbness and tingling can be felt down in different parts of the leg.

Sciatica: This comes from compression of the sciatic nerve by a muscle called the piriformis, deep in the buttock. Symptoms can radiate down the buttock and leg.

Spinal stenosis: This is a narrowing of the bony spinal canal which causes rubbing or pressure on nerves. Central canal stenosis is quite serious as it presses upon the spinal cord.

Lumbar sprain/strain: This is a common cause of low back pain due to injury of muscles and tendons. The rows of muscles that run up and down the sides of the spinal column, are the major muscle groups usually involved in lower back injury.

Fractures: These are due to trauma, or sometimes occur without any injury in people with osteoporosis.

Spinal cord compression: This is unusual, but very worrisome and may be associated with weakness and loss of bowel/bladder control.

Medication and Bed Rest

Most people suffering from low back pain try over the counter drugs and bed rest. However, most self remedies will not provide the relief that you need. In fact, bed rest is the wrong thing to do, because it can weaken the spinal muscles further.

Weakness in the spinal muscles is one of the main reasons for low back pain and can put you at risk for injuring your back with common activities such as lifting, bending or squatting. Most of us sit too much and this contributes to severe weakening of the back and torso muscles which are needed for a healthy back.

How Physical Therapy Helps

The sooner you get physical therapy help, the faster you will get relief. This translates into fewer missed work days and needless spending on drugs that have unpleasant side effects. Putting off treatment could lead to loss of movement, loss of coordination and even loss of independence.

Our expert physical therapists help you regain proper mobility and stability of your spine, reduce pain and teach you how to take care of your spine. Talk to your doctor or give us a call today to learn more about our spine program.

Will you have back pain as you get older?

If you think that growing older automatically leads to back pain, here's some great news; it doesn't! Many people suffer from pain, yet, they still believe their aches and pains are a natural part of aging. They're not.

Back pain is primarily caused by four main factors:

- Spinal muscle weakness
- Poor muscle or joint movement
- Poor posture
- Lack of spinal or pelvic muscle coordination



Treating the Cause of Your Back Pain

It is our goal to find the cause of your pain and correct it, not just treat the symptoms. By treating the root cause of the pain, you can achieve faster, long-lasting results. We provide the most advanced and effective treatments to each of our patients in a caring, friendly environment. Our highly trained and skilled physical therapists use proven hands-on therapy techniques to help people of all ages become free of pain and get back to the activities they enjoy.

If your back pain prevents you from standing for long periods, bending down to pick up objects, or getting up and down from the floor to play with your children or grandchildren it's time to come to Nebraska Orthopaedic Physical Therapy and restore your quality of life.

Knowing the Right Expert to Help You

Physical therapists are medical musculoskeletal specialists, meaning we are the experts when it comes to the movement of the body and how the muscles, joints and skeletal structure work with one another.

Effective physical therapy recognizes that the best treatments are not modalities that depend solely on ultrasound, cold or heat therapy, but rather a skilled hands-on approach to examination and treatment. Studies have proven that manual therapy and specific exercises produce better and faster results than traditional exercise based physical therapy.

If you are suffering with back pain or know someone who is, call us today to discover how we can finally help you become pain free and get back to the activities you enjoy. After all, you're as young as you feel!



Who do you know that needs our help?

CARE to SHARE

If you know someone suffering with aches and pains, "Care to Share" and give them this newsletter or send them directly to Nebraska Orthopaedic Physical Therapy. They will thank you and so will we!

Patient Results

What patients are saying...

Mobility has improved!

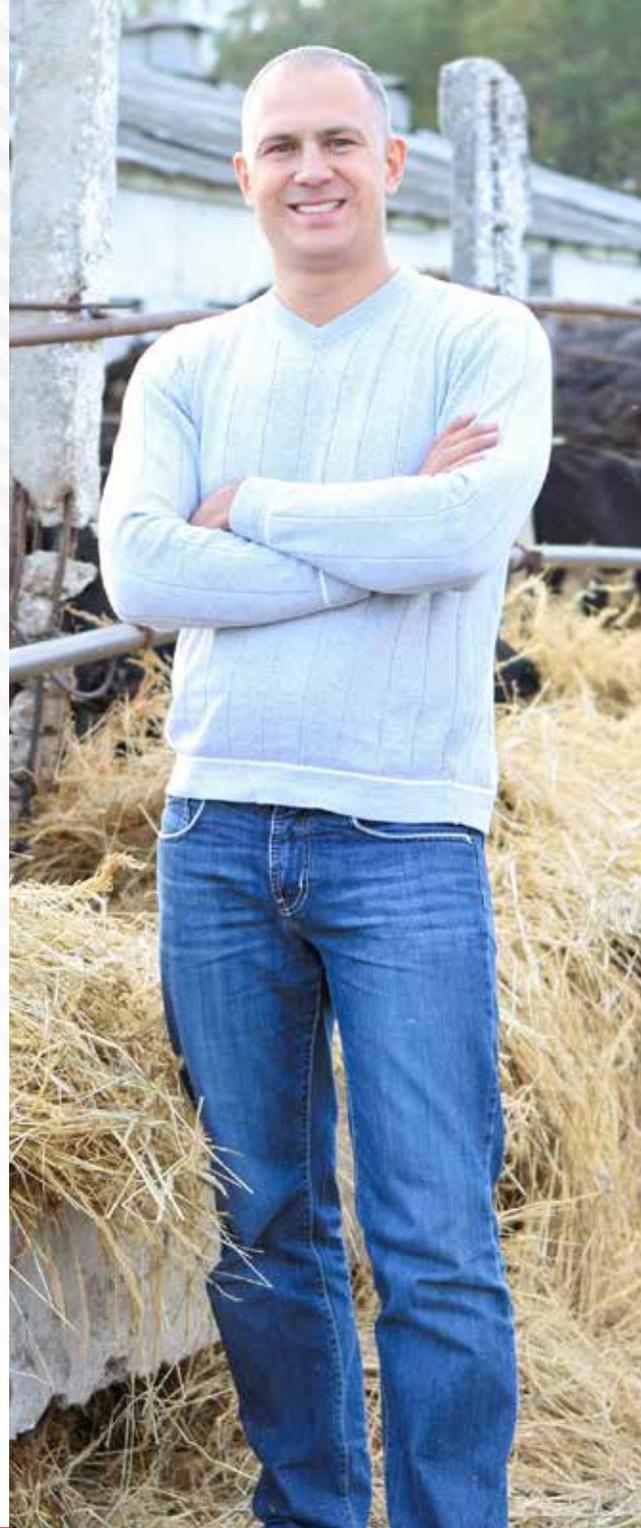
Success Story – LaRue T.

“ *I witnessed my husband go from severe pain and restriction of activities, to relief and quality mobility after completing his therapy at NOPT!”*

I am 98% better!

Success Story – Dale

“ *Before coming here, I really had some back problems. My therapist identified the problem, explained what was going on and worked with me on a treatment plan to get me back to a normal life. I'm now 98% better than when I started. The NOPT team cares for you; they are constantly giving you encouragement along the way. You're their top priority and they know how to get you better.”*



We can help:

- Decrease your pain
- Increase your strength
- Increase your activity level
- Increase your flexibility
- Improve your health
- Get back to living

We gladly accept Medicare, Blue Cross Blue Shield, Midland's Choice, and most health insurances.

N Nebraska
Orthopaedic
Physical Therapy, P.C.

Call Today!

402-721-1112

www.NEOOrthoPT.com

NEWS



Congratulations

Physical Therapist, Maria Martinez, completed extensive training in the **Graston Technique**. This Instrument Assisted Soft Tissue Mobilization, combined with therapeutic exercise improves musculoskeletal function to provide you, the patient, with the best possible outcome.



Join Us For Our Open House

Our Annual Open House is scheduled for Saturday, June 21st. You won't want to miss your chance to **WIN Husker Football tickets!**

Why choose Nebraska Orthopaedic PT?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back, and orthopaedic care



FREE Pain Relief Assessment

If you or a friend need help with the following, **call us today for a free assessment** and talk to our experts about how PT can relieve your pain!

- Back and neck pain
- Walking / balance difficulties
- Shoulder and arm pain
- Hip / knee / ankle pain
- Arthritis
- Headache

Exercise Essentials

Try these simple exercises to help maintain a healthy back.

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

LOWER TRUNK ROTATIONS

Lying on your back with your knees bent, gently rock your knees side to side.



SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest.



PELVIC TILT

While lying on your back, use your stomach muscles to press your back into the floor.



STRAIGHT LEG RAISE - SLR

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.



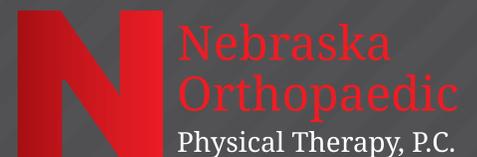
Exercises copyright of HEP2GO
www.HEP2GO.com
Free Home Rehab Exercise Program

SHARE

Please share these exercises with friends and family members to help them stay healthy and free from pain.

SAVE

Save these in a place where you can easily use them as needed. Watch for more exercises in our next issue.



Call or come in if you feel you are not moving like you used to. We will get you the results you deserve!

www.NEOOrthoPT.com

N Nebraska Orthopaedic Physical Therapy, P.C.

Your Health, Your Choice, Our Priority

2123 E. 23rd Ave South
Fremont, NE 68025

CALL TODAY!
402-721-1112

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INSIDE:

- FREE Pain Relief Assessment
- Practice News
- Helpful Articles
- Patient Results
- Exercise Essentials

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IS YOUR BACK ACHING AGAIN?

Find out how we can help.

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Call us on 402-721-1112