

NEWSLETTER



IS BACK PAIN SLOWING YOU DOWN?

2021

How Can
You Prevent
Back Pain?

Exercise Of
The Month

Staff Spotlight
Rich Albanese, PT



IS BACK PAIN SLOWING YOU DOWN?

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 core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form

- Limited hip, spine and thigh muscle flexibility
- Bad 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 problem. Medication might mask the pain, but it won't cure the problem's root cause.

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.



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 847-1200



HOW CAN YOU PREVENT BACK PAIN?

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 facing the object. Squat, 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.

<http://www.apta.org/>
<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>



FEEL BETTER BY EATING BETTER

PINK SUNRISE STRAWBERRY SMOOTHIE

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

EXERCISE OF THE MONTH

LUMBAR SEGMENTAL EXTENSION

Stand with good posture. Find a neutral spine. Bend backwards in a very controlled manner. Think about moving joint by joint. Do not push into pain. Return to the start position.



Exercises copyright of
 SimpleSet Pro
www.simpleset.net



I was so pleased with the whole APT team. Initially, I was dreading being sent for PT. To my surprise, I was not only OK with the experience, but I actually looked forward to each appointment. You guys are fantastic! Thanks for being so invested in my care!

M. R.

5-Star Review

STAFF SPOTLIGHT

RICH ALBANESE, PT

Rich Albanese, PT has 25+ years of experience providing physical therapy solutions for patients. He recently completed course work to become a Certified Orthopedic Manual Therapist (C.O.M.T.). What makes this unique is that only about 5% of physical therapists are trained at high-level manual therapy techniques. He takes pride in being able to offer these skills to his patients.

Rich is a native of New Brighton and graduated from New Brighton Area High School in 1988. His dream when leaving for college was to one day return to his hometown and open a private practice to serve his community. He has now been operating here for 17 years.

Rich resides in New Brighton with his wife, Mandy, and two sons. He is an active member of the community where he is involved in youth sports programs, the New Brighton Boosters and Gridiron Clubs. Rich serves on the board of the 12 Loaves Community Kitchen and looks for ways that he can volunteer and help within his community. He is active in his church, Concord United Methodist Church in North Sewickley as a Sunday school teacher, usher and leader.

In his down time he enjoys golfing with his family and in his Friday night league and cooking.

Rich's goal is to continue to grow his physical therapy practice and help the community stay active and mobile through his work.



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

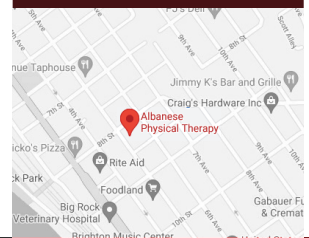
CONTACT US

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HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM