

NEWSLETTER



TIPS TO ALLEVIATE YOUR PAIN & IMPROVE YOUR SPINE HEALTH

2022

What To Expect
At Your Physical
Therapy Visits

Exercise Of
The Month

Why Choose Physical
Therapy First?



TIPS TO ALLEVIATE YOUR PAIN & IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At Albanese Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential. At Albanese Physical Therapy, our therapist can help you resolve your pain and get your spine healthy again!

Call (724) 419-8927 today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

THE IMPORTANCE OF GOOD SPINE HEALTH

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

HOW PHYSICAL THERAPY CAN IMPROVE THE HEALTH OF YOUR SPINE

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes **targeted manual techniques**, mobility work, strengthening, and any appropriate pain relief technique that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. *Our supervised programs will likely include:*

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Healthy lifestyle choices are also crucial for a healthy spine. *The following are all examples of healthy changes and habits you can do in your life to improve your spine health:*

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

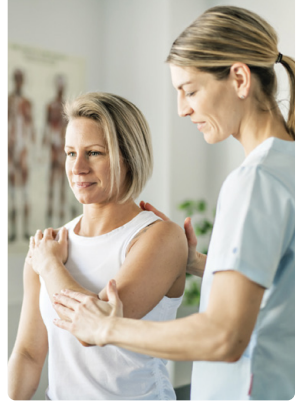
Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

CALL TODAY FOR AN APPOINTMENT

If you have been living with back pain, or you'd like to avoid potential back pain, contact Albanese Physical Therapy today. **Don't live with the limits of back pain – improve your spine health with us.**

Sources:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlights=Abstract%7CExercise%7Cpain%7Cexercise>
<https://bjsm.bmj.com/content/55/9/468>
<https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896>



FEEL BETTER BY EATING BETTER

TRADITIONAL CREPES RECIPE

- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour.

Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.

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.



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I chose Albanese Physical Therapy following knee replacement and am happy I did. Rich and Dana were very pleasant and professional with my visits. The very first visit, Rich corrected the way I was walking which instantly improved the recovery process. Choose Albanese Physical Therapy for your recovery needs. You will be glad you did.

T. P.
Google Review

WHY CHOOSE PHYSICAL THERAPY FIRST?

According to the latest data (2019, cms.gov) released in 2019 \$3.8 trillion is spent on healthcare. That is \$11,582 in healthcare spending per person.

About 72% of that money goes towards medications, injections, surgery, and diagnostic testing. Only 2.6% of that amount goes towards physical, occupational and speech therapy combined.

Why is that? They own the media, spending thousands of dollars on advertising telling you that this medication or this procedure is the best thing for you, giving you great results.

There's a better way! Do you know that there are better outcomes and huge cost savings when people go to conservative care first? We are the lowest cost provider. That means we provide the best outcomes, the best results at the most affordable cost.

You do not need a referral to come to physical therapy. We can see you without a prescription from your doctor, perform a detailed evaluation of your problem, send your doctor the report and we can usually see you within 1-2 days of you calling instead of possibly waiting 1-2 weeks to get into see your doctor.

Albanese Physical Therapy

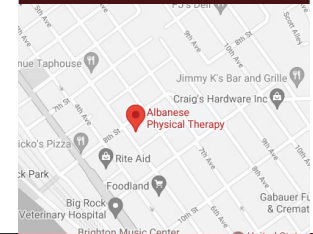
FIND US
801 Fifth Ave
New Brighton, PA 15066

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

CONTACT US
(724) 419-8927
rich@albanesephysicaltherapy.com
albanesephysicaltherapy.com

@ALBANESEPHYSICALTHERAPY

Have You Been Loving Albanese Physical Therapy?
We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!



HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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