

NEWSLETTER



DON'T IGNORE YOUR BACK PAIN

2023

Physical Therapy Is
An Effective Solution
For Your Back Pain

Upcoming
Free Workshop

Staff Spotlight
Stephanie Krepps
D.P.T., C.O.M.T.



**Albanese
Physical
Therapy**



DON'T IGNORE YOUR BACK PAIN

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily – whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain – often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

UNDERSTANDING BACK PAIN

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.



Has Your Pain Come Back?

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

(724) 419-8927



PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR YOUR BACK PAIN

Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.

Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.

Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

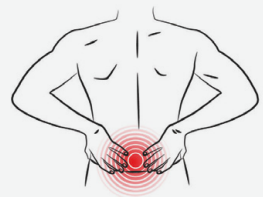
CALL OUR CLINIC TODAY

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

Source
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>
<https://www.sciencedirect.com/science/article/pii/S1836955319300578>
<https://doi.org/10.1186/s12891-019-2594-0>
<https://doi.org/10.1186/s12891-019-2477-4>
<https://pubmed.ncbi.nlm.nih.gov/30252425/>
<https://pubmed.ncbi.nlm.nih.gov/32669487/>
<https://pubmed.ncbi.nlm.nih.gov/27285608/>



UPCOMING FREE WORKSHOP

LOW BACK PAIN
FEB 21ST, 2023 - 5PM

Go to the Low Back Pain Workshop and Learn:

1. The #1 biggest mistake that individuals with lower back pain make.
2. Three common causes of sciatica pain.
3. What to do in order to relieve your sciatica pain.

The Low Back & Sciatica workshop is for people suffering from low back & sciatica pain who are looking to feel normal again and heal naturally without medications, injections, and surgery.

We have limited spots available and space will fill up fast, so register now to avoid missing out.



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



STAFF SPOTLIGHT STEPHANIE KREPPS D.P.T., C.O.M.T.



Stephanie Krepps, D.P.T. has over 12 years of experience practicing as a physical therapist. Stephanie brings a wealth of knowledge to Albanese Physical Therapy through her various experiences throughout her career. She has worked in a variety of settings including outpatient orthopedic care, home health, hospital and skilled nursing facilities. What really sets Stephanie apart from most physical therapists is that she is a Certified Orthopedic Manual Therapist (C.O.M.T.). This certification puts her in the elite status of being one of 5% of physical therapists in the country that have this designation.

Stephanie received her B.S. in Exercise Physiology from West Virginia University in 2007 then went on to pursue her Doctor of Physical Therapy (D.P.T.) at Slippery Rock University, which she attained in 2010. Her passion is outpatient orthopedic and neurological rehabilitation where she can utilize her C.O.M.T. to practice her passion for hands-on manual therapy that includes soft tissue and joint mobilizations. Stephanie is also a Direct Access Licensed P.T. which allows her to treat patients without a referral from a physician.

Stephanie resides in New Brighton with her husband Steve and three children Emma, Owen, and Colton. She enjoys spending time with her family outdoors doing activities like hiking, biking, camping and snowboarding.

Stephanie is excited to help the community improve their quality of life and achieve their goals by giving expertise and individualized care. She loves working with patients of all ages with orthopedic and neurological injuries.

Albanese Physical Therapy make my daughter feel like she is part of the family. They joke with her and answer her questions. All of the therapy and stretching exercises helped my daughter with her foot issues. If anyone has a child with special needs, this is a tremendous place for Physical Therapy.

K. A.

5-Star Google Review



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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@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!

ALBANESEPHYSICALTHERAPY.COM

