

NEWSLETTER



**Albanese
Physical
Therapy**

HOW STRENGTHENING HELPS BACK AND NECK PAIN

2023

How PT Can Help You
Strengthen Your Back &
Neck Muscles

5 Tips To Prepare To
Swim In The Water Safely

Homemade
Electrolyte Drink



HOW STRENGTHENING HELPS BACK AND NECK PAIN

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Albanese Physical Therapy, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call Albanese Physical Therapy today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

HOW MUSCLES AFFECT NECK PAIN

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain can develop due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects our ability to move our head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

HOW MUSCLES AFFECT BACK PAIN

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all the way around. *So the core muscles of the spine include:*

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips and pelvis.

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.



Has Your Pain Come Back?
Don't hesitate to schedule an appointment to discuss your personalized treatment plan.
(724) 419-8927



FREE SCREENING

Schedule your free screening today!

(724) 419-8927

HOW PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR BACK AND NECK MUSCLES

Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

CONTACT OUR CLINIC TODAY

You deserve to feel your best. Call Albanese Physical Therapy today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>
<https://ajsm.bmj.com/content/34/2/11279>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>



FEEL BETTER BY EATING BETTER

HOMEMADE ELECTROLYTE DRINK

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

<https://coconutsandkettlbelts.com/diy-natural-electrolyte-drink/>



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





I was a patient here for approximately 10 weeks following rotator cuff surgery. Rich runs the facility and provides a technically sound and laid back environment for treatment. Stephanie treated me and helped me achieve my range of motion and strength goals in record time. Thanks to all at Albanese Physical Therapy. Highly recommended.

5-Star Google Review

5 TIPS TO PREPARE TO SWIM IN THE WATER SAFELY

Swimming is a great way to stay active and cool as the weather warms up. However, it's essential to take the necessary steps to ensure that you're safe in the water. Check out these important swimming safety tips before heading out to the beach or pool this summer!

1. Ensure that a lifeguard is present as you swim

Having a trained lifeguard watching over you at the pool or beach is a must. A lifeguard can prevent you from sustaining a severe injury or drowning and can generally ensure that you're following the best practices for swimming.

2. Swim with a buddy

Not only is swimming with a friend a great way to stay safe, it's also more fun! Swimming with a buddy can also help you hold yourself more accountable and stay determined as you progress through your laps.

3. Never leave a child unattended

It is essential to make sure your child never swims alone- this is how accidents happen. Teach your children to ask permission before going in the water, and let them know that an adult should always be there to supervise them.

4. Drink plenty of water

It can be easy to get dehydrated under the hot sun, even if you are in a cool and refreshing body of water. Remember to drink plenty of liquids and avoid dehydrating drinks with excess caffeine.

5. Wear your sunscreen

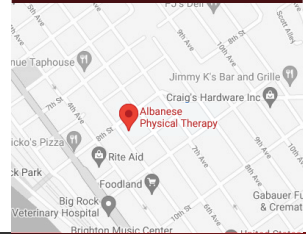
Invest in a quality waterproof sunscreen with a high SPF to protect your skin from the sun's harsh rays. Wearing sunscreen can make a massive difference in the fight against skin cancer and can help you avoid painful burns.

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!