

# NEWSLETTER



## IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

2023

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# IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

**Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.**

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! **Call Albanese Physical Therapy today to make an appointment.**

## PHYSICAL THERAPY SOLUTIONS FOR BACK PAIN

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Albanese Physical Therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

## UNDERSTANDING THE RISK FACTORS ASSOCIATED WITH BACK PAIN

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves can occur.

*You might be amazed to discover the different risk factors influencing your back health include:*

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.



### *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**



## PHYSICAL THERAPY CAN HELP YOUR BACK PAIN

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization/manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Albanese Physical Therapy, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

### CALL OUR CLINIC TODAY

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call our Albanese Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

Sources  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC251829/>  
<https://bmcmusculoskeletalmed.biomedcentral.com/articles/10.1186/s12891-021-04422-2>  
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4199140/>  
<https://www.omicsonline.org/risk-factors-forchronic-low-back-pain-2161-0711.1000271.php?aid=22679>



## FEEL BETTER BY EATING BETTER

### HOMEMADE TURKEY MEATBALLS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!



### 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](http://albanesephysicaltherapy.com)



# CLINIC NEWS

## A YEAR IN REVIEW



This month I would like to reflect on this past year at Albanese Physical Therapy. We have had a great year with so many positive things and changes that have occurred. First, I would like to thank all of you who are reading this. You have been an integral part of the success of Albanese Physical Therapy. Your trust and support for us to be your physical therapy provider is an honor. Without you this practice would not exist, and we truly appreciate all your referrals, 5-star reviews and the calls when you need us. Albanese Physical Therapy has experienced its most productive year this year. I attribute this to several factors. As stated above, we could not have achieved it without you, but we also are finally fully and properly staffed and have added new technology.

Our first step to success this year was hiring Stephanie Krepps, D.P.T., C.O.M.T. Stephanie has brought a wealth of knowledge and expertise to Albanese Physical Therapy. The addition of Stephanie not only has allowed us to expand our practice but gives us the ability to expand our programs and add services in the future that will benefit more people. Those of you who have had the opportunity to work with Stephanie know that her treatment style is very hands-on, thorough and compassionate. She has driven me to be a better PT and I am glad to have her as part of the team and look forward to many years of successful outcomes from her.

Second, Hope Belan became part of the Albanese Physical Therapy team this summer. Hope started here with no experience but in a short time has learned to manage the front office and become that competent first face that you see when you enter our practice. Hope's determination, work ethic and willingness to learn has made her a great asset to APT. Her friendly bubbly personality will always put a smile on your face when you walk in our door.

Finally, we now have had a full year with our new technology, the Neubie. Albanese Physical Therapy is one of two physical therapy practices in Western PA to have this technology. The Neubie is an electrical stimulation unit that uses direct current, and it seems that we discover new possibilities with this machine every week. When we first started using the Neubie we primarily were using it for pain control and improving flexibility and strength, which it's been very successful at treating. We have now moved into treating neurological conditions such as MS and peripheral neuropathy with amazing results in a short period of time. We have had patients travel from as far as Washington, PA and Wexford just to be treated with the Neubie.

In closing, I would like to thank you all again for the great year at Albanese Physical Therapy because without you none of this could have happened. We now look forward to 2024 and achieving even bigger and better things for you and our practice.

*Merry Christmas and Happy New Year*

I still can't believe how good I feel and how much more energy I have after working with Rich. I had been suffering from lower back and leg pain for a long time. **After a few weeks at APT, my back and leg pain is gone! And I feel 10+ years younger! Thank you! I will recommend Albanese Physical Therapy again and again!**

★★★★★  
Colleen D.

**AP** 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

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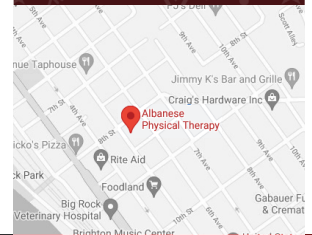
#### DON'T LET YOUR 2023 INSURANCE BENEFITS GO TO WASTE!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of this remarkable opportunity at Albanese Physical Therapy. Don't let these valuable benefits go unused!



#### 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