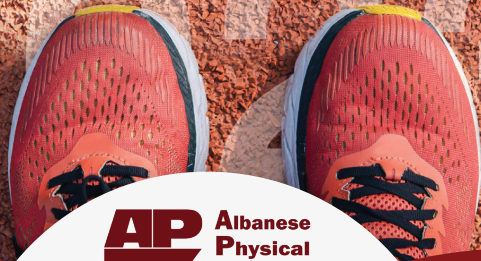


# 2024

START

# 2023



## BACK PAIN SOLUTIONS: YOUR ROADMAP TO RECOVERY AND RENEWAL

2024

Effective  
Solutions For  
Your Back Pain

Grilled Chicken  
Caprese Recipe

New Year, New  
Insurance Benefits!



**Albanese  
Physical  
Therapy**

# BACK PAIN SOLUTIONS: YOUR ROADMAP TO RECOVERY AND RENEWAL

**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.



### ***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**



## EFFECTIVE SOLUTIONS 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.

Call **(724) 419-8927** today to make an appointment!

Source  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186478/>  
<https://www.sciencedirect.com/science/article/pii/S183695319300578>  
<https://doi.org/10.1186/s12891-019-2574-0>  
<https://doi.org/10.1186/s12891-019-2477-4>  
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<https://pubmed.ncbi.nlm.nih.gov/27285608/>



### 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)



## FEEL BETTER BY EATING BETTER

### GRILLED CHICKEN CAPRESE

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2–3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

# MAKING NEW YEAR'S RESOLUTIONS? WE CAN HELP YOU KEEP THEM



Setting New Year's resolutions is a time-honored tradition this time of year, but how many of us will still stick to those resolutions come June—or even February? Firm statistics on the success of New Year's resolutions are hard to come by, but one study found that 45% of people surveyed felt their resolutions were unsuccessful one year out.

Don't despair. There are ways to ensure your resolutions are successful, especially if they're health- and fitness-related, as the vast majority are. In fact, one of the most popular New Year's resolutions is to exercise more—and that's one habit Albanese Physical Therapy can definitely help you develop!

Physical therapists are movement experts who understand the importance of regular exercise—not just on your appearance, but on your overall health. And if you're going to make just one resolution, exercising more is a great one! Regular exercise has a radiating effect that impacts your mental health, sleep quality, joint pain levels, mobility, and so much more.

## HOW PHYSICAL THERAPY WILL KEEP YOU MOVING ALL YEAR LONG

One of the biggest challenges in starting a new exercise program is having no idea what to do. Joining a gym is most people's first step, but it's also an intimidating maze of unfamiliar equipment and wall-to-wall mirrors. Our therapists will help you develop an exercise program that suits your needs, interests, and ability levels—eliminating that initial hurdle.

Another trick to keep you moving is to track your progress. While many people default to monitoring their weight or appearance, our therapists can provide other measures to give you a complete picture of your overall health and wellness. Range of motion, balance, and strength: all paint a comprehensive portrait of your overall progress.

## KNOCK THIS RESOLUTION OUT OF THE PARK!

Make 2024 the year you stick by your resolution! With the Albanese Physical Therapy team in your corner, you'll build an exercise habit for life.

Call us at (724) 419-8927 today to learn more!

Sources  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0234097>



## NEW YEAR, NEW INSURANCE BENEFITS!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. Let Albanese Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.



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!

Highly recommend!  
I had to do physical therapy for several months for my shoulder and neck. They went above and beyond and I am very thankful for everything they did.



Google 5-Star Review



**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

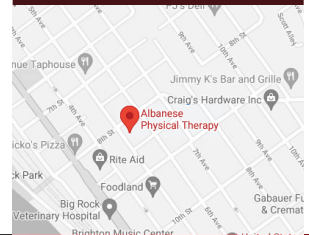
### CONTACT US

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



@ALBANESEPHYSICALTHERAPY



HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM

A top-down view of a person's feet standing on a white platform scale. A black cord is connected to the scale's sensor. The background is a light-colored wooden floor.

# FREE WORKSHOP

The top 3 nutrition tips for the New Year and the importance of detoxification.

**Where: Albanese Physical Therapy. 801 5th Ave., New Brighton**  
**When: Wednesday January 31 at 5:00**

**This exclusive workshop is limited to 20 people so don't delay your registration.**

To register for this free event, call us at 724-847-1200, email us at [rich@albanesephysicaltherapy.com](mailto:rich@albanesephysicaltherapy.com), or scan the QR code and enter "WORKSHOP" in the comments section.



# SARA SCOTT, M.S., H.H.P.



It is our pleasure to introduce you to **Sara Scott, M.S., H.H.P.** She will be joining us for a workshop on January 31 at 5:00 p.m. to talk about nutrition and the importance of detoxification. For details on how to sign up for this free workshop please refer to the advertisement in this newsletter.

Sara Scott, MS, HHP is a survivor of chronic, mysterious illness and expert on mold illness recovery, and the biology of trauma. Sara graduated from the American College of Healthcare Sciences with a Master's Degree in Complementary Alternative Medicine and is Board Certified in Colon Hydrotherapy. Her suffering and personal journey through alternative medicine developed a passion to help others suffering from chronic illness find hope, healing and new life.



Sara opened New Life Wellness Coaching, a holistic wellness center located in Chippewa Township, that offers one-on-one consults, nutritional counseling, and supportive therapies including far-infrared sauna, ion cleanse footbath, colon hydrotherapy, red light therapy and bio meridian testing. Sara will be joining us to talk about her top 3 nutrition tips for the New Year and will be sharing the importance of consistent detoxification while demonstrating how the Ion Cleanse Footbath works.



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