



## **Is Back Pain Slowing You Down?**

*Get Back To Doing What You Love With Physiotherapy*

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## Is Back Pain Slowing You Down? Get Back To Doing What You Love With Physiotherapy

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the Canadian population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

### What Causes Back Pain?

A few things cause back pain. The Canadian Physiotherapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

### Back Pain Solutions

You're in luck: Back pain can be treated! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physiotherapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.



# NUTRITION TIPS FOR A HEALTHY SUMMER!

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

**1. Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.

**2. Serve seafood.** Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

**3. Don't skip breakfast.** When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

**4. Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.

**5. Snack at work.** Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.

**6. Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.

**7. Pre-plan your meals.** You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money!



## Simple Tips For Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

### LIFT PROPERLY

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

### USE GOOD POSTURE

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

### USE STRENGTH TRAINING

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physiotherapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

## Exercise Essentials



### SIDE-LYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

## Patient Success Story *Hear Why Patients Love Us!*



**"...Takes the time to really help me heal and get better."**

*This place is amazing. I've been to many physio/ chiropractic clinics and ProActive is by far the best! Jay is an excellent physiotherapist and takes the time to really help me heal and get better.*

*Henry the chiropractor actually cares! He will tend to you and really listen to what's hurting and what may be out of place. He spends a fair amount of time with me when I visit and always makes sure I'm happy and feeling better before letting me go. The facility is clean and the staff are following all the new COVID rules. If I could give 10 stars I would.*

— B. J.

## WHY CHOOSE PROACTIVE ?

ProActive provides a complete range of services to meet a wide variety of injuries and ailments. With great respect for western and eastern treatments, we are proficient in everything from customized orthotics to traditional acupuncture. We offer the highest quality and research-based Physiotherapy, Massage Therapy, Acupuncture, and Chiropractic services in Edmonton. Our team consists of the best Physiotherapist, Chiropractor, Massage Therapist, and Acupuncturist in South and West Edmonton.

- Individualized Assessment & Treatment Programs
- Active Listening & 1-on-1 expert care
- Highest quality care & direct billing
- Restore your health with active exercises
- Advanced Physiotherapy & Chiropractic knowledge



## STRETCHING & ITS BENEFITS

As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier.

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

Here are just a few of the benefits you can expect from a regular stretching program:

- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)

## Healthy Recipe *Cucumber, Radish & Tomato Salad*



### INGREDIENTS

- ½ cup mayonnaise
- ½ cup crumbled feta cheese
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh dill
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large English cucumber, diced
- 1 pint cherry tomatoes, quartered
- 1 bunch radishes, diced
- ½ medium red onion, finely diced

### DIRECTIONS

Whisk mayonnaise, feta, chives, dill, lemon juice, salt and pepper in a large bowl. Add cucumber, tomatoes, radishes and onion and toss to coat. Garnish with more chives and dill, if desired.



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