



# UNDERSTANDING NECK & BACKPAIN

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# WE'RE SO SORRY ABOUT YOUR PAIN!

Before we start, let us say how sorry we are to hear about your pain. While we can all agree that life is sometimes difficult, this doesn't mean that we have to sit back and accept pain. It's what you're going through now that has brought you to our care. With all the bad news you've been dealt, the good news is that you're in the right place and you're in the right hands. Our specialists are here to help you get back on your feet... back to loving your life again.

Our approach at [FYZICAL Therapy & Balance Centers](#) is one of non-invasive attention to what your body is saying. We seek first to identify areas of imbalance that may have gone off-track with a recent event, or over years of untrained posture and motion, or a combination of these problems. Of course, if our doctors determine that you need additional, specialized care, we can guide you directly to the specialist you need (much faster than you might be able to without a caregiver in your corner).

By helping you identify and re-establishing healthy habits of motion, we will get you back to a life you can love to live. With all that you've gone through and all that you're going through now, the last thing you'll want to deal with is more paperwork and pamphlets to study. So, in plain speak, let's go over the pain you might be experiencing (from a medical perspective), how we can help ease that pain, and where to start on your journey to a healthy and happy, pain-free life.

## WHAT TYPE OF PAIN ARE YOU SUFFERING?

Your pain is unique and no one can say exactly what you're going through except for you. That said, unfortunately, neck and back pain aren't entirely uncommon. Approximately 80% of Americans (over 31 million people) are experiencing low back pain...and this doesn't begin to cover those with neck pain.

While there is no one-size-fits-all approach for curing neck and back pain, our physical therapists work to isolate regions of your body that can be the root of your pain as well as the motions you're making (or not making) that can affect your pain recovery. Let's take a quick look at some of the issues you might be experiencing:

- **Derangement:** this tends to come about when we sit or bend over.
- **Dysfunction:** this can create stiffness when we're walking (or simply standing).
- **Instability:** this is the inability for us to control our body's twisting motions.
- **Stenosis:** this can cause nerve pain by pinching nerves in the spine.
- **And so on...**

As you can see, neck and back pain, which may at first be nonspecific in nature, can be broken down into specific categories for targeted treatment. On the flip side, when untreated, these pain areas can combine or even compound, creating new ailments that need more and more attention over time.

## HOW DID THIS PAIN SNEAK UP ON ME?

Your pain may be recent...perhaps a sudden event in the past few months or years. Or it may have started long ago with a simple habit of standing, moving or sitting a certain way for extended periods of time. This is common for those that have careers that require repetitive motions. If this is the case, then over time, your body likely naturally "learned" to counteract any immediate pain by standing, moving or sitting another way.

Without addressing the cause of the pain, your body had already begun the process of stacking on new pain issues over time (trading long-term health for immediate pain relief). Sometimes subtle and other times...very noticeable. To help get your life back on track, FYZICAL Therapy & Balance Centers works to first identify nonspecific problems, which helps to isolate more-specific diagnoses or "syndromes" as we call them.

We then prescribe routine motions and simple activities that help re-circulate your blood flow, retrain your muscles, your nerves and your daily habits of motion. More important, however, we listen to you and your body's pain as you begin to recover over time. We monitor the success of each therapy session and adjust treatment where needed to reach our goal... which is your body's potential for a full and happy, productive life.

# CAN I BE INVOLVED IN MY DIAGNOSIS?

It's very important that you're involved in the process of healing. With this in mind, much of what our staff works towards, is educating you and your loved ones on what your body is going through from a medical perspective. For instance, you might have already seen or heard terms like degenerative joint disease, degenerative disc disease, fibromyalgia or muscle strain being discussed. These are just a few of the countless medical diagnosis that are the start (not the end) of your road to a happy and meaningful life.

But what do these words mean for you and your family? What do these words mean for your quality of life ahead... or your job... or your future? You're not alone in your concern for these important questions. Our physical therapists are experts in diagnosing and treating of the body's ideal motion, mobility and strength. By listening to you (and your body's pain) as well as continuous observation and therapy, we work to achieve your optimal muscle and joint balance to promote peak health. While we do so, we share with you why each motion is important and how they affect your quality of life.

# HOW CAN I ADDRESS MY PAIN RIGHT NOW?

Words alone aren't enough to get you from where you are with your pain right now to a state of ease and comfort of motion. So, outside of helping you understand the process of pain-free recovery, we wanted to share just a few tips that may help ease some of your immediate discomfort... even before you begin to work with our therapists on your specialized health routine:

- **Motion:** make sure that you move every 20 minutes or so... if you can, consider a quick walk around the office or some stretches to get your blood flowing.
- **Posture:** if you sit at the computer for extended periods of time, then adjust your posture so that you're sitting at a 90-degree angle with your head facing forward. If you spend a lot of time bending, stand and arch backward to counter the forward bend a few times.
- **Hydrate:** as simple as this sounds, for those that are leading active lives, proper hydration can be the easiest daily activity that aides in their pain recovery.

# WHY PHYSICAL THERAPY?

We (your FYZICAL doctors, physical therapists, physical therapy assistants, and staff) are here for you and your family. We're here to help answer your questions and personally guide you on your way back to a healthy and active life once again. Without prescriptions or surgery, our approach has helped countless pain-sufferers like yourself find fast and low-cost pain relief. With so many amazing advances in pharmaceutical and surgical procedures, we are sometimes asked why physical therapy is the healthcare of choice for our medical doctors.

Simply put, your body already has built-in mechanisms to repair with the pain you're going through now. But, as we all naturally seek to overcome pain in our lives (*and not necessarily the ailments that cause it*), we often overcompensate when it comes to our body's naturally-balanced posture and motions. Over time, this results in one problem creating another, and another, and so on.

While we believe that there is absolutely a time and place for pharmaceutical and surgical intervention (for many ailments), we seek to first identify what, in your body, may be the root cause of your pain. If this is something that can be healed without invasive procedures or the introduction of additional drug treatments, then the FYZICAL Therapy & Balance Centers staff believe that it's best to work with your body to realign itself towards its natural, healthy state... in both rest and motion.

# YOUR FIRST STEP TO PAIN-FREE LIVING!

The next step, perhaps your first step to pain-free living, is to connect with our staff and schedule what we call a “FYZICAL First” session (which is a sit-down session with one of our physical therapists). This free session is designed to help diagnose the possible root cause of your neck and/or back pain before seeing a physician.

So, before scheduling an appointment with your physician only to have them write a prescription for physical therapy with us...why not come straight to the source? Our friendly therapists and staff are here for you and will be here to help answer any questions you may have before your visit.

As we close this educational booklet, we just want to say congratulations for taking charge in your recovery! As we said at the start, you don't have to sit back and accept pain... and you're not alone. We're here for you. Connect with us today and let's get your quality of life back on track.





FYZICAL eBook Series