



TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Are you tired of that nagging back pain that keeps you from enjoying life to the fullest? You're in luck because we are here to guide you to a healthier spine! With a few little steps and our expert guidance, you will soon be on your way to a life where back pain is a thing of the past.

Your journey to a healthier spine is a collaborative effort. At G3 Physical Therapy, we believe in working closely with you, listening to your concerns, and understanding your goals. After all, who knows your body better than you do? Together, we can work to ensure a future free of back pain.

Sometimes, the discomfort in your back may seem like a constant companion, refusing to part ways with you. Fortunately, with the right guidance and effort, you can find a way to alleviate your pain. So, let's take the first step on this promising journey together!

UNDERSTANDING THE ROOT CAUSES OF BACK PAIN

The first step to saying goodbye to back pain is understanding what causes it. It might be due to a sedentary lifestyle, an old injury, or even just daily wear and tear. If you use doctor google, you may find diagnoses like muscle & ligament sprains, bulging or ruptured discs, degenerative disc diseases, spinal stenosis and more. No matter the reason, understanding the mechanical root causes is your key to finding the solution.

The most common causes of back pain that our physical therapists frequently see include the following:

- **Loss of Mobility From A Shrinking Bodysuit:** What does that mean? Your muscles, ligaments, and fascia lose their elasticity & range of motion with: age, a sedentary lifestyle, or even repetitive movement patterns from sports and working out in certain ways. The result can be like wearing a bodysuit two sizes too small—either you can't move well or your suit will rip at the seams when you try to move beyond the range of motion you have due to tightness and lack of mobility, causing muscle, tendon, and ligament strains.
- **Alignment Problem:** Your body is structurally a work of art. If your alignment is compromised, from having a forward head posture, a leg length issue, scoliosis, or even having certain foot types, problems can ensue. Everytime you stand, walk, or run in our



gravity dependent environment can cause excessive stress in your lower back. It can be like driving on a flat tire, causing a chain reaction of damage in other parts of the car. For your body, losing alignment can place excessive stress and friction on your lower back and cause arthritic changes in your spine.

- **Excessive Rotation:** In your lower back or lumbar spine, the vertebrae, or segments of your spine, can only rotate five degrees before running into the next bony segment, so too much rotation can lead to arthritic changes, disc herniations, spinal stenosis, and nerve impingement. Imagine when you wring a towel, the middle part is your lower back and that is also where all the stress goes. Ideally when we twist that towel, the twisting happens more evenly along the whole towel. So our goal is to get the body to do the same. We want the body to twist from the right places of the body that are designed to rotate. So in order to take stress off the lower back, ideally we want to rotate from our upper back and hips where the human body is designed to rotate.

Remember, it is always advised to consult with our physical therapists for personalized advice. We'll work with you to identify the exact cause of your back pain and suggest appropriate treatments to ensure you get the results you deserve!

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SIMPLE YET EFFECTIVE STRATEGIES: YOUR ROAD TO A HEALTHY SPINE TAILORED TREATMENT PLANS

At the beginning of your healing journey, you'll meet with one of our physical therapists who are like detectives for your body. They'll chat with you, learn about your pain, and do a thorough physical examination to determine what's causing your back troubles.

Once they've gathered all the clues, they craft a personalized treatment plan just for you! This isn't a one-size-fits-all deal; it's tailored to suit your unique needs, helping you bounce back quicker and stronger and includes the following:

- **Manual Therapy:** Your therapist uses their hands to gently massage and mobilize your back, hips, and other tight muscles that are causing your back pain.
- **Mobility Work:** Your therapist will guide you through movements that help increase the mobility of your whole body, so your back is not doing all the twisting and turning.
- **Targeted Stretches:** Your therapist will show you the right ways to stretch, helping you loosen up those stiff areas and like making your stretching suit bigger and stretchier.
- **Strengthening Exercises:** With a series of strengthening exercises, your therapist will teach you how to build a strong, resilient back as well as other supporting muscles to handle the stresses of your day-to-day life.

Remember, your G3 physical therapists are there with you at every step, cheering you on, answering your questions, and tweaking your plan to ensure you get the best results.

So, are you ready to wave goodbye to back pain and usher in a life of comfort and joy? Give us a call!

READY TO WAVE GOODBYE TO BACK PAIN?

With personalized care and proven strategies, our dedicated physical therapists are here to guide you on your road to recovery. It's time to reclaim the joy of living without the shadow of back pain looming over you.

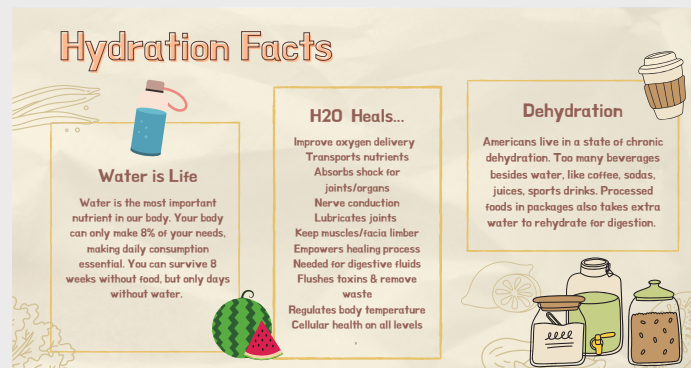
Don't let back pain dictate your life's story. Reach out to G3 Physical Therapy to learn how physical therapy can be the first step towards a back pain-free life!



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WE GET RESULTS

I suffered from knee pain for the last 15 years. Following the successful knee replacement surgery, physical therapy was just as important as the surgery itself. I have visited several physical therapy centers in my area before my surgery. Since I was satisfied with G3 Physical Therapy, I went there again for my postoperative therapy. David Cisneros, who I had never met before, took care of me. It is great working with a physical therapist like David. I have never come across such a physical therapist who has passion for his profession, knows the body anatomy and solves the problems in the most efficient way and in a short time. Once I got to know David and his assistants, my recovery process gave me hope and now I am back to my healthy life.

-Nejat D.

**SCHEDULE YOUR
APPOINTMENT
TODAY!**



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EXERCISE ESSENTIALS

One of the best ways to avoid low back pain is to maximize your hip mobility. At G3 Physical Therapy we utilize the biomechanics of a whole body approach to optimize all our stretches. It's actually difficult to explain, it's really something that is experienced. So please make an appointment with a G3 physical therapist if anything is confusing. And like always, home exercises should never hurt.

Standing Adductor (Inner Thigh) Stretch With a 3-Way Knee Drive to Create Hip Mobility.

1. Stand next to a staircase, park bench, chair, or anything STABLE and elevated. Stand with your feet at 90 degrees (or perpendicular). Lift leg onto bench.
2. Gently shift your weight from the leg on the ground to the leg on the bench, while bending your knee over your toes. Move slowly and continuously back and forth for 3 to 5 times.
3. If that feels relatively comfortable, you can move your knees towards the inside of your foot (towards your big toe) and outside of your foot (towards your little toe). Alternate the 2 directions in a "V" pattern and repeat 3 to 5 times.
4. There should be no discomfort in your knees. Most people feel a stretch in their inner thighs and hip joints. Depending on where you are most tight, is whether you will feel the stretch more in the leg on the ground or leg on the bench.



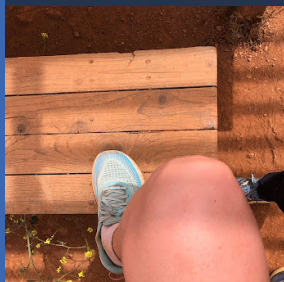
Starting Position



Weight Shifted



Towards Big Toe



Towards Little Toe

HEALTHY RECIPE

Green Enchilada Casserole



This recipe is versatile in a way that there's no measuring, easy to make ahead, limited cooking with premade ingredients. It's yummy alone or complemented with a salad, rice, and beans. The majority of your active time will be pulling and shredding the store bought rotisserie chicken. I bought all my ingredients from our local organic market Jimbos, but that's totally optional.

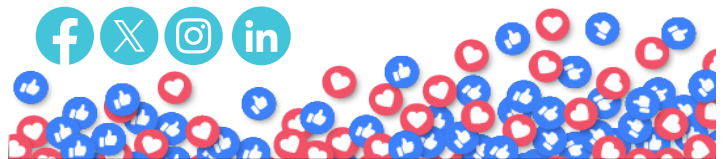
Ingredients:

- 1 Rotisserie Chicken
- 2 -12 oz Jars of Green Salsa (Tomatillo) divide into thirds for each layer
- 16 ounces of shredded cheese (Mexican blend, Mozzarella, or we used raw cheddar cheese)
- 2 Cups of bone broth or water in a pinch
- 1 small diced onions
- Pack of GF tortilla cut or tear into 4 to 5 pieces (we use Siete brand, but whatever is your favorite)
- 8x11 Pyrex Pan (or two 3x9 dish if you want to freeze)

Directions:

Roughly eyeball the ingredients into thirds for the three layers. I like a nice cheesy layer on top so I reserve more cheese for the last layer. Layer green salsa, chicken, onion, cheese, tortilla pieces, and repeat 2 more times. Evenly pour bone broth over the finished layers. Bake at 375 for about 30-40 minutes until bubbly. Use foil to tent over the casserole to prevent burning the cheese.

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