



PHYSICAL THERAPY: YOUR BACK PAIN ESCAPE PLAN!

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities—as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At G3 Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

WHAT CAUSES BACK PAIN?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates—that is, bulges or ruptures—and



irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and other symptoms.

- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis. And one of the aggravating factors can even include stiff ankles that decreases shock absorption for your spine.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core and hip muscles).

WHY PHYSICAL THERAPY AT G3 PHYSICAL THERAPY IS YOUR BACK PAIN SOLUTION

While statistics suggest that back pain often resolves on its own within 1-3 months, it doesn't have to take that long. Getting physical therapy sooner can decrease the downtime to 1-3 weeks, not months. G3 Physical Therapy has modalities like class IV lasers for both acute intense pain or with chronic back pain—defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying cause of your pain rather than simply masking the symptoms to help prevent future flare-ups.

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How will we do this? Through a blend of the following techniques:

- **Partnership & Education:** We believe that it's important for the patient to understand their condition so that together we can strive for their goals and needs. Our goal is to teach our patients how to take care of their bodies so they can pursue a pain-free life.
- **Manual therapy:** We utilize a variety of manual therapies to help manage pain, remove soft tissue restrictions, promote blood circulation, decrease inflammation, and gently improve mobility.
- **A personalized therapeutic exercise plan:** We specialize in functional movement patterns that are strategically progressed to help each patient gradually improve strength, flexibility, and endurance without pain. We don't just work on the core and back muscles, we look at the whole body. Hidden issues in your ankles, hips, and upper back can be big contributors of lower back pain.
- **Specialized training:** We hope to optimize your neuro-muscular system, such as balance, gait training, and specific functional training so you can return to activities you love or successfully return to your sport.
- **Prevention strategies:** We'll help teach you how to reduce future back pain incidents by having tools. Know and understand your own body, know what signs to look for before onset of symptoms, have a few tools to either fix the issues or know when to get a tune-up with physical therapy. A couple of strategies might include postural corrections or suggestions for at-home exercises and lifestyle modifications.

GET MOVING AGAIN WITH PHYSICAL THERAPY!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The G3 Physical Therapy team is here to help you break that cycle and find relief from back pain for good.

Call us today to schedule an appointment!

Visit Us Online g3.life

FOOD TIPS

APRIL 2024 FOOD TIPS: THE AVOCADO

Avocados have healthy fat, fiber, and many nutrients our body needs for healing! Do you eat avocados on a regular basis? If not, it's a tasty habit to integrate into your weekly meal plans..

We try to eat them almost everyday. Here are some ideas...

To avoid snacking when I'm cooking dinner, I'll cube up half an avocado, sprinkle salt and scoop straight out of the peel!

Generously, spread avocado on a piece of sourdough or gluten free toast, sprinkle salt, pepper, and a squeeze of lemon if you feel fancy!

Living in San Diego, Mexican meals are always in our weekly meal plans. So naturally, we make a lot of guacamole. This can be super simple with a mixing diced avocado, lemon or orange juice, salt and pepper. For more flavor, we add diced red onions and cilantro from our yard.

Avocado is also a great side with eggs, over a salad, in any sandwich, the options are endless. Let us know your favorite way to eat an avocado.

My favorite way to prepare an avocado is to 1- slice the avocado in half and twist the two parts open. 2-slice the avocado into squares while still in the peel. 3-scoop out with a spoon.



**SCHEDULE YOUR
APPOINTMENT
TODAY!**



760.452.2640

STAFF SPOTLIGHT: JASMINE "JAZ" VIERNES



Jasmine was born and raised in Fallbrook, CA and received her Doctorate of Physical Therapy (2023) at the University of St. Augustine. Her career in Physical Therapy began in 2018 as a PT aide here at G3. She likes to go hiking, golfing, camping, playing basketball, rock climbing, and mixing music. She believes in helping people through physical therapy to gain their confidence in moving to getting back to being the best version of themselves and doing what they love.

EXERCISE ESSENTIALS

April 2024 Exercise:
The Kneeling Hip Flexor (Anterior Hip Stretch)

Releasing the front hip muscles can help ease the tension in the lower back muscles and relieve lower back pain. Remember to stop any stretch if there is pain. The goal is always a gentle stretch or lengthening of the targeted area. We also like to avoid static stretching and promote slow, gentle movements, so hold for about 3 seconds before returning to the starting position. The reason we like gentle movements is because blood flow increases, which helps the muscles to lengthen faster. Gentle movements also stimulate the neuromuscular system to increase muscle memory, which prepares those muscles for better-sustained flexibility and functional movements. There are also many variations and modifications in these hip stretches, so if this stretch doesn't feel right for you, contact our team at G3 Physical Therapy, and we'll help you find the best flexibility program for you.



WE GET RESULTS

“Exceptional care at Solana Beach G3- super friendly and competent team of professionals from Scheduling/Billing to excellent hands on care by PT's and the assistants. I went in for vertigo from a sports injury but then stayed on to address a variety of chronic sports related issues. Tom was enthusiastic about getting me strong, flexible and back out on the water.

-Jeanne S.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



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Visit us at g3.life today!



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