



**HANDS ON AT HOME**  
Physical Therapy

Dori Nissenson

Providing You with Premium Care at Home

handsonathomephysicaltherapy.com  
917-597-7031 handsonathomept@gmail.com

*Wishing you a Happy and Healthy Holiday Season!  
Thank you for your business and your friendship.  
All the best for a wonderful 2016!*

### **Back Pain**

One of the most common diagnosis that I treat is low back pain: acute and chronic. In the recent years, though, the approach to managing low back pain has changed dramatically.

A couple of months ago, I treated a patient who had previously been to another PT for her complaints of low back pain. My patient went to this PT for a few weeks and he treated her with conventional pain management and gentle non-weight bearing exercises in one position only.

***There was no improvement in her pain.***

painful for her. She immediately walked toward my table to lie down and I said "No table right now, get on the mini-trampoline". She looked at me like I was crazy, but she did what I asked. I had her do high marching, high kicks and light jogging for 2 minutes each. She repeated the sequence twice.



### ***Her pain disappeared.***

Movement is one of the best remedies for acute or chronic low back issues.

This article below is a great resource and outlines the importance of movement and other effective remedies for managing low back pain. [Click Here.](#)

### **How Does Movement Help Low Back Pain?**

As we age, we become less active. Our muscles lose elasticity and become weaker and our joints lose range of motion and become stiffer. As a result, we have poor spinal alignment, decreased core stability, and pain.

Treatment for low back pain that involves movement facilitates increased blood flow to the muscles and improves the nourishment of the spinal joints.



Movement also sends the brain signals that improve motor coordination and enhance muscle memory to facilitate pain free movement patterns.

### **Tips For Decreasing Your Back Pain**

Do not sit for more than 30 min without getting up.

Throughout the day, perform regular self-checks of your posture - are you slouching?

Remember that extension (standing) is much healthier for your back than flexion (sitting).

Move as much as you can during the day.

Stretch your core and hip muscles at least once a day.

Exercise regularly focusing on mobility and stability training.

Modify your seating systems by adding supports to your chair or desk.



Have a PT do an ergonomic assessment of your work station, car or home office.  
Remember, a PT such as myself can come to where you are - work, car or home to make  
sure your "daily grind" isn't working against you!

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