



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*Say "Goodbye"  
to Back Pain*

**INSIDE:** HOW PT HELPS BACK PAIN | HEALTHY RECIPE | STAFF SPOTLIGHT



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## PIGGY BACKS AREN'T THE SAME WITH BACK PAIN

Are you struggling with lower back pain? Did you injure your back when bending or twisting? The good news is that at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapists are experts at helping you find lasting relief!

Back pain is a debilitating condition that up to 80 % of the population experiences at some point in their life. One in every four Americans has experienced back pain within the last three months. The pain itself can hinder your ability to sit, stand, walk or bend. It can also impede your time spent doing recreational activities and sports.

The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. With guidance from your physical therapist, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

Call today to set up an appointment with one of our highly trained therapists. At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, you can get the help you need to improve your quality of life!

### INTERESTING FACTS ABOUT BACK PAIN

Back pain is an all-encompassing term used to describe many conditions that cause pain in the lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

Because back pain is so commonplace, there is a lot of information we have on the topic. Here are some interesting facts about back pain:

- Worldwide, back pain is the single leading cause of disability, preventing people from working and engaging in everyday activities.
- Back pain accounts for more than 264 million lost workdays in one year—that's two work days for every full-time worker in the country.
- Back pain is the third most common reason for visits to the doctor's office, behind skin disorders and osteoarthritis/joint disorders.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.

**COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](http://SUGARLANDPT.COM)**



# LEAVE YOUR BACK PAIN WHERE IT BELONGS, IN THE PAST

- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Most cases of back pain are mechanical—meaning they are not caused by severe conditions, such as infection, fracture, or cancer.

## COMMON RISK FACTORS ASSOCIATED WITH BACK PAIN

The exact cause of lower back pain is often challenging to identify. For some people, when left untreated, lower back pain can even lead to long-term pain.

Anyone can have back pain, but the most common risk factors for low back pain include:

**Age:** The first attack of low back pain typically occurs between 30 and 50, and back pain becomes more common with advancing age.

**Activity level:** Back pain is more common among people who are not physically fit. Sedentary people are more likely to suffer painful back injuries than people who are more physically active.

**Excessive Weight:** Being overweight or obese leads to a greater likelihood of experiencing lower back pain.

**Job-related factors:** Having a job that requires heavy lifting, particularly twisting or vibrating the spine, can lead to back pain. Also, prolonged sitting, whether at a desk or driving a vehicle all day, contributes to the development of lower back pain.

**Mental health:** Anxiety and depression can influence your perception of pain and its severity. Chronic pain is also known to contribute to the development of such psychological factors.

**Smoking:** Smoking limits blood flow and oxygen, causing the discs to degenerate faster and contribute to the development of pain.

## HOW PHYSICAL THERAPY HELPS BACK PAIN

Fortunately, back pain can be relieved with the help of physical therapy. Physical therapy can help improve your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended.

Your physical therapist will also work with you to implement an individualized treatment plan based on your specific needs. The main stages of your program will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches, and exercises.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

While consulting with a physical therapist is the first step in finding relief, the most effective solution to back pain includes learning what to do and why. Armed with an understanding of your condition, we will teach you an exercise program that ensures you find lasting relief once and for all!

## CONTACT OUR CLINIC TODAY

Call First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today to set up an appointment with one of our therapists. Your physical therapist will work with you to address and treat the underlying cause of your back pain.

No matter how severe it may be, we can help you find relief so you can get back to doing the activities you love and living your life comfortably!

GET STARTED ON YOUR RECOVERY TODAY!  
CALL SUGAR LAND AT **281.226.9802**  
ROSENBERG AT **281.559.7429** OR  
SPORTS THERAPY CENTER AT **281.980.2997**

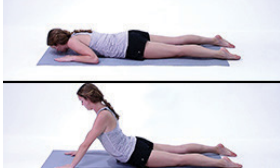


FirstColonyAquatic  
and Rehabilitation Center

## EXERCISE ESSENTIALS

### PRONE PRESSUP

Start by lying face down with your arms by your sides. Then, bring your arms up and place your hands under your shoulders. Slowly straighten your elbows and push your top half up as far as you can without too much pain. Hold as directed and then return to starting position. Repeat as directed by your provider.



### SIDE GLIDES (TO THE RIGHT)

Stand next to wall with left arm at side and elbow bent. Lean upper body against the wall. Take 1-2 small steps away from the wall. Then gently shift hips toward the wall. Hold as directed.



*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

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SimpleSet Pro  
WWW.SIMPLESET.NET

## HEALTHY RECIPE

### SKINNY ORANGE CREAMSICLES



### INGREDIENTS

- 2 cups unsweetened Greek yogurt
- 1 orange
- 1 cup pineapple chunks
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

**INSTRUCTIONS:** In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

\*Blend in spinach for a boost of greens.

## STAFF SPOTLIGHT

### REBECCA SHARP, PT, DPT

Rebecca is a Houston native who grew up loving the outdoors. She spends her weekends hiking or cooling off with some peach iced tea. In high school she was a competitive swimmer and placed 8th at the State Level Meet her senior year before tearing both rotator cuffs. She was introduced to physical therapy during her rehabilitation, and decided on it as her career path. In 2019 she traveled to El Paso to earn her doctorate in physical therapy. Rebecca was placed at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center for her rotations and fell in love with the clinic, and soon joined the team as a physical therapist in 2022. During her free time, she still loves to get outside and hopes to spend more time in the National Park System.



LEARN MORE ABOUT OUR STAFF AT [SUGARLANDPT.COM](http://SUGARLANDPT.COM)