



FirstColonyAquatic
and Rehabilitation Center

2024
NEWSLETTER



A STRONGER CORE: THE SECRET TO GOOD SPINAL HEALTH



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APPOINTMENT TODAY!



Inside:

- Understanding the Root Causes of Back Pain
- Seasonal recipe
- How Important Is Your Sleep?

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A STRONGER CORE: THE SECRET TO GOOD SPINAL HEALTH

Is your nagging back pain keeping you from living your life to the fullest? It probably won't surprise you that a strong spine can help manage back pain and immobility. But did you know that strengthening your core is one of the most important factors in getting that strong spine?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles actually comprise the lower back, hip, pelvis, pelvic floor, and diaphragm muscles. Together, they help stabilize your body, support your posture, ensure your balance, and support movements in all directions.

Your core muscles also wrap around and support your spine. When they're weak, it means your spine isn't getting the support it needs to function properly, making you more susceptible to injuries that can lead to back pain.

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, one of the most significant ways we address back pain is by working to improve your spinal health—and we do that by helping you build core strength.

UNDERSTANDING THE ROOT CAUSES OF BACK PAIN

While core weakness contributes to back pain, it doesn't cause it. If you want to find lasting relief, you first need to understand the root cause of discomfort. That way, our team can develop a comprehensive treatment plan—including core exercises.

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

- **Muscle Strain or Ligament Sprain:** Repeated heavy lifting or sudden awkward movements can strain the muscles and spinal ligaments.
- **Bulging or Ruptured Discs:** Discs, the cushioning between your bones, can bulge or herniate and press on a nerve.
- **Degenerative Disc Disease:** As we age, the discs between the vertebrae deteriorate, which can cause pain, especially if one disc is worn down significantly.
- **Spinal Stenosis:** This condition results from the narrowing of the spinal canal, putting pressure on the nerves and causing back pain.
- **Fibromyalgia:** Fibromyalgia is a chronic pain syndrome that causes muscle stiffness and fatigue, including back pain.

With all these conditions, a weakened core puts excess pressure on the spine, causing it to compress. As a result, your symptoms might worsen or, in the case of a degenerative condition, progress more rapidly. A weakened core also increases the likelihood of suffering muscle strain while using your back muscles.

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BUILDING CORE STRENGTH WITH EXPERT GUIDANCE

Physical therapy is a great starting point for building your core strength and improving your spinal health. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to improve them.

First, we'll thoroughly analyze your posture, movement patterns, and strength. Next, we'll create an individualized treatment plan based on your specific needs—including a core training program.

To do this, we'll show you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

ADDITIONAL TECHNIQUES FOR IMPROVING SPINAL HEALTH

In addition to addressing your core strength, our therapists will utilize other methods to ensure a comprehensive treatment program. While every program is different, you might expect the following:

- **Manual Therapy:** Your therapist uses their hands to gently massage and mobilize your back, easing those tight muscles and helping you relax.
- **Mobility Work:** Your therapist will guide you through movements that help increase the mobility of your back.
- **Targeted Stretches:** Your therapist will show you the right ways to stretch, helping you loosen up those stiff areas and feel great.
- **Strengthening Exercises:** Your core isn't the only factor in good spinal health. We might also work with you to improve strength in your upper back or lower extremities, depending on your needs.

READY TO WAVE GOODBYE TO BACK PAIN?

With personalized care and proven strategies, we'll help restore your spine's health—one core strengthening exercise at a time.

Call us today to set up an appointment!



FirstColonyAquatic
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SEASONAL RECIPE IRISH POTATO BITES



INGREDIENTS

- 20 red potatoes, small (golf ball size)
- 1/2 cup corned beef
- 1/4 cup cheddar cheese, shredded
- 1 tbsp butter, melted
- 1/8 tsp Salt
- sour cream, (optional)



INSTRUCTIONS:

Fill a large pot with water and bring it to a boil. Add potatoes and boil until they are fork tender. Preheat oven to 400°F. Once potatoes are cooked and have cooled cut each one in half and cut a small slice off of the rounded end so the potato can sit up. Scoop out the inside of each potato half saving the potato insides in a bowl. Add cheese, corned beef, butter to the bowl with the saved potato insides. Salt mixture to taste. Also sprinkle some salt over the potato halves. Scoop mixture into potato halves and then place them on a baking sheet. Place baking sheet in oven for 10 minutes. Remove from oven and serve with a dollop of sour cream.

**REQUEST YOUR
APPOINTMENT TODAY!**



GET STARTED ON YOUR RECOVERY TODAY!
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HOW IMPORTANT Is Your Sleep?

Signs that you're not getting enough sleep. If you're getting less than eight hours of sleep each night, chances are you're sleep deprived. What's more, you probably have no idea just how much lack of sleep is affecting you.

How is it possible to be sleep deprived without knowing it? Most of the signs of sleep deprivation are much more subtle than falling face first into your dinner plate. Furthermore, if you've made a habit of skimping on sleep, you may not even remember what it feels like to be truly wide-awake, fully alert, and firing on all cylinders. Maybe it feels normal to get sleepy when you're in a boring meeting, struggling through the afternoon slump, or dozing off after dinner, but the truth is that it's only "normal" if you're sleep deprived.

You may be sleep deprived if you:

- Need an alarm clock in order to wake up on time
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Get sleepy in meetings, lectures, or warm rooms
- Get drowsy after heavy meals or when driving
- Need to nap to get through the day
- Fall asleep while watching TV or relaxing in the evening
- Feel the need to sleep in on weekends
- Fall asleep within five minutes of going to bed



EXERCISE ESSENTIALS

PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvis to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



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PATIENT SUCCESS STORY

“I want to thank all the staff, but especially Yen Vo, my PT, for her warmth with me, the good explanation of the exercises and for being such a good professional.

Once again, thank you so much. **-I.K.**

**SHARE YOUR
SUCCESS STORY!**

By sharing your physical therapy success story, you can inspire others to find relief from their pain and start living a healthier, stronger, and more active life.

Scan the QR code to visit our review page and share your success story with others.

