



# IS BACK PAIN SLOWING YOU DOWN?

How Can You Prevent  
Back Pain?

Exercise Essentials  
Healthy Recipe

8 Nutrition Tips For A  
Healthy Summer



## IS BACK PAIN SLOWING YOU DOWN?

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

### WHAT CAUSES BACK PAIN?

**A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:**

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

## OUR SERVICES

- Manual Physical Therapy
- Spine Rehabilitation (Neck, Low Back, Spinal Stenosis, Disc Herniation, Sciatica, DJD/DDD/Arthritis, Post Surgery)
- Sports Medicine
- Vestibular Rehabilitation
- Balance Rehabilitation
- Hand Therapy
- Kinesiology Taping
- Musculoskeletal Disorders
- Epicondylitis, Bursitis, Tendonitis
- Sprains & Strains—all regions of the body
- Patellofemoral Pain
- Hip, knee, foot/ankle, and shoulder
- Chronic pain / Fibromyalgia
- Weakness or loss of motion
- Pre- and post-operative conditions
- Carpal Tunnel Syndrome

### BACK PAIN SOLUTIONS

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

**Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.**



## HOW CAN YOU PREVENT BACK PAIN?

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

### LIFT PROPERLY

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

### USE GOOD POSTURE

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

### USE STRENGTH TRAINING

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

<http://www.apta.org/>  
<https://www.academy.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>  
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

## EXERCISE ESSENTIALS

### DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Repeat as necessary.

*This exercise helps to relax your whole body.*



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## HEALTHY RECIPE

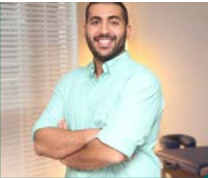


### ACAI SMOOTHIE BOWL

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla Greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthezoo.com/acai-bowl-recipe/>



## BASEM MANKERIOUS PT, DPT

### What's your favorite thing to do when you're not at work?

I have many things that I like to do when I am not being a Physical Therapist. One of those is woodworking.

I have always liked to work with my hands and grew up seeing my dad perform a lot of repairs and projects around the house; he is a very good handyman and I think that is where I got it from. The

first real project that we did together was building a storage shed in our backyard, which must have been in 2010. It sounds like a very big project, and it really was, but I mainly helped my dad cut some wood and give him an extra set of hands lifting things.

### Why do you like to do it?

The main reason I like Woodworking is that I love the process of crafting an object from raw organic materials into something functional or decorative.

### What's it mean to you?

Well Woodworking for me is a time of relaxation, zoning out, and enjoying the process of creating something from scratch. At the end of the process, I get a great deal of satisfaction when I see the completed object sitting in front of me. It is amazing how satisfying it is when you envision making something and draw it out on a piece of paper and a few hours later you see the physical object in front of you. It is also a time to challenge myself and learn new techniques to further improve the craft.

### Who do you do it with?

Most of the time I am by myself in the garage, and I use that as my alone time. You can say my garage is my man cave and it is very easy to lose track of time when I go in there.

### What's your funniest, scariest, or most exciting moment?

The most exciting moment is when I made a dining table for our house. We needed a dining table and I was bugging my wife and telling her that I can make it for her. We ended up buying a dining table and when it arrived we did not like how it looked in the house so she took me up on the offer. Anyways needless to say there was a lot of pressure on me to produce something that is up to my wife's high standards. Well, it all worked out in the end and it came out way better than we expected it.

# 8 NUTRITION TIPS FOR A HEALTHY SUMMER

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

1. Drink green tea instead of sweet tea. Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.
2. Serve seafood. Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
3. Don't skip breakfast. When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
4. Enjoy summer fruits and veggies. It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
5. Snack at work. Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
6. Hydrate often. The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.
7. Recover with a post-workout shake. After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.
8. Pre-plan your meals. You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

# SUCCESS STORY



"I enjoyed my time working with Dr. Basem during physical therapy. I went in with a sciatic nerve and back pain. I wasn't able to sit for longer than 10 minutes or walk without a limp. After my sessions with Dr. Basem, I was able to sit and walk for long periods of time. He is awesome and truly cares for his patients."

-Saad B.



### OUR LOCATION

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(Inside The Vine Medical Center)

### OUR HOURS

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### CONTACT US

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