



THROW OUT YOUR PAIN, NOT YOUR BACK!

Exercise Essentials
Healthy Recipe

How Physical Therapy
Can Help Your Pain

Sudoku Puzzle
Patient Success Story



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Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine are connected. At Cornerstone Physical Therapy, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physical therapists at Cornerstone Physical Therapy, you can find solutions to your pain and learn how to help prevent future episodes!

How pain in the spine is connected to your neck:

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system,

breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.

CONTACT US

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HOW PHYSICAL THERAPY CAN HELP YOUR PAIN

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At Cornerstone Physical Therapy, our physical therapist's end goal is the same as yours – to get you feeling better!

What to expect in physical therapy:

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

Limit Sitting For Too Long

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a "good" posture.

For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out -- lifting you up -- keeping your hips, spine, shoulders, and neck aligned.

Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

Call us today!

Visit a physical therapist at Cornerstone Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

<https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>

EXERCISE ESSENTIALS

FORWARD BEND - LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



PATIENT SUCCESS SPOTLIGHT



"Dr. Mankerious is one of kind physical therapist. I had experienced other therapists with no result. He uses physical hands on therapy vs conventional machines. My left foot was in pain that I had to use a cane to walk because of a herniated disk. He suggested different exercises that worked with my foot. Now I walk pain free with no cane. The therapy was very effective. Thank you Dr. along with your sweet receptionist for making it a great experience. I highly recommend him. God Bless You"

- Frank Lopez

FUN & GAMES

The rules of the game are simple:

Each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

6			2			7		
			5					9
7		1	3	8				
		4						
	1	2		4		7	3	
						1		
				3	7	9		6
2				1				
	4			9			5	

				7		5		3
					3		9	
	2		6	9				7
2		9					4	
		1				3		
	4					7		1
7				4	6		5	
	5		3					
4		6	1					

HEALTHY RECIPE



INGREDIENTS

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 tsp vanilla
- 1 cup almond flour
- Flaked sea salt topping (optional)

DIRECTIONS

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup, and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle flaked sea salt on top. Bake in a preheated oven for about 12 minutes, or until cookies are brown. Remove and cool.

Is your back pain still nagging you? Call Cornerstone PT to schedule an appointment with one of our Pain Specialists!

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