



STRENGTHENING CAN HELP *Your Nagging Back and Neck Pain*

INSIDE:

- *How Physical Therapy Can Help You Strengthen Your Back and Neck Muscles*
- *Healthy Recipe*
- *Patient Success Spotlight*





STRENGTHENING CAN HELP *Your Nagging Back and Neck Pain*

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Cornerstone Physical Therapy, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call Cornerstone Physical Therapy today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

How muscles affect neck pain

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

How muscles affect back pain

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips and pelvis.

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

HOW PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR BACK AND NECK MUSCLES



Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

Contact our clinic today

You deserve to feel your best. Call Cornerstone Physical Therapy today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>
<https://bjsm.bmj.com/content/54/21/1279>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>

FREE 15 MIN. CONSULTATION



CALL TO SCHEDULE TODAY!

We Look Forward To Hearing From You!

(817) 826-9757

5517 S Hulen St,
Fort Worth, TX 76132

Offer valid for the first 20 people to schedule.
Expires July 31st, 2022

EXERCISE ESSENTIALS

Try this exercise to relieve back pain.



SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.

CAULIFLOWER STEAKS WITH ROASTED RED PEPPER & OLIVE SALSA

INGREDIENTS

- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds



DIRECTIONS

Heat oven to 425 degrees and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through. Meanwhile, make the salsa: Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste.

PATIENT SUCCESS STORY

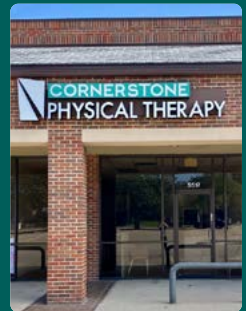


"I had severe lower back pain that sometimes would limit me to complete my job. My lower back pain now is much better and my work is not affected. I am able to perform my daily activities with little to no pain. Dr. Mankerious explained the reasoning behind all

the treatments which made me understand why my back was hurting. The treatment consisted of hands-on physical therapy along with strengthening exercises, and exercises to be performed at home. The best thing is that he taught me exercises to do and things to avoid to manage the pain on my own. I highly recommend Cornerstone Physical Therapy." - Ashak G.

CHECK US OUT!

We are beyond excited to share our new location with you! We can't wait to bring you the same quality care in a new and convenient location.



WE CAN'T WAIT TO SEE YOU!

COME BACK TO PT!

Are you recovering from a sports injury? Call us today to schedule your appointment.



(817) 826-9757