



## TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At Cornerstone Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential. At Cornerstone Physical Therapy, our therapists can help

you resolve your pain and get your spine healthy again!

Call today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

### The Importance of Good Spine Health

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

# PATIENT SUCCESS STORY

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

## How Physical Therapy Can Improve The Health of Your Spine

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

## What to Expect at Your Physical Therapy Visits

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. Our supervised programs will likely include:

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

**“I was unable to move my neck or even sleep.”**

**“I highly recommend Dr. Bassem Mankerious, he’s an excellent physical therapist. He is very knowledgeable and professional. I am able to see the improvement in my neck and my back. I was unable to move my neck or even sleep. It was very difficult. Now I’m pain free, able to move my neck and I can sleep well. This is because of him. Thank you so much Dr. Mankerious.” – Samia G.**

Healthy lifestyle choices are also crucial for a healthy spine. The following are all examples of healthy changes and habits you can do in your life to improve your spine health:

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!



## Call Today for an Appointment

If you have been living with back pain, or you’d like to avoid potential back pain, contact Cornerstone Physical Therapy today. Don’t live with the limits of back pain – improve your spine health with us.

**CLICK HERE  
to make your  
appointment  
today!**

Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlightAbstract=back%7Cexercise%7Cpain%7Cexercise>  
<https://bjsm.bmj.com/content/55/9/468>; <https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896>

Visit us online [www.thecornerstonept.com](http://www.thecornerstonept.com) or call today (817) 826-9757

# EXERCISE ESSENTIALS

## STANDING LUMBAR SELF TRACTION

Relieve lower back pain and improve range of motion.

Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure your weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.




**PT WIRED** [www.ptwired.com](http://www.ptwired.com) Always consult your physical therapist before starting exercises you are unsure of doing.

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 <https://www.youtube.com/channel/UCN0IXnLIZ4HtcHmZlrLRuqA>

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

[www.thecornerstonept.com](http://www.thecornerstonept.com)

# HEALTHY RECIPE

## WATERMELON CUCUMBER LIME REFRESHER

Per serving:

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced



Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: [www.tasty.co/recipe/watermelon-cucumber-lime-juice](http://www.tasty.co/recipe/watermelon-cucumber-lime-juice)

## COME BACK TO PT!

**FREE 15-MINUTE CONSULTATION**

**CALL TO SCHEDULE TODAY!**

**(817) 826-9757**

Offer valid for the first 20 people to schedule.  
Expires August 31, 2023

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