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MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*

Inside the Issue



Low Back Pain



Part 2: Putting Your Pelvic Floor First

MEET OUR TEAM

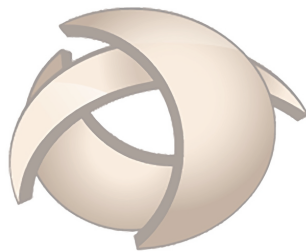
Jill is our main lady! She sees and works with every patient that walks through our doors. She makes everyone feel so comfortable and is very attentive to our patients' needs. She was born in Moscow, Idaho but has been in Pocatello for years. She loves being here because she is close to her family. She is the fourth of a six-pack. She adores her grandson, 3 sons, and loves spending time with them. She loves being outdoors and would even buy 100 acres in the Grand Tetons. Then she could fish, hike, camp, relax and read in the beautiful country anytime she wanted. She is a lover of Italian food, good music, the color purple, and did I mention her grandson? She LOVES spoiling him.



Jill Pack

OUR SPECIALITIES

- Aquatic Therapy
- Auto Injury
- Biofeedback
- Electrical Stimulation
- Fascial Distortion Model (FDM)
- IASTM- Instrument Assisted Soft Tissue Mobilization
- Joint Mobilization
- Manual Therapy
- Myofascial Release
- Pelvic Floor Therapy
- Therapeutic Exercises
- Ultrasound
- Vestibular Therapy
- Worker's Compensation



Thank YOU for
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Benny's Pantry
food drive!



LOW BACK PAIN: THERE IS RELIEF

Understanding back pain: You're not alone

Low back pain affects nearly everyone at some stage of life and is one of the most common ailments seen in medical practices. If you have low back pain, you are not alone. Research suggests more than 80 percent of American adults will experience at least one bout of back pain during their lifetimes. Back pain symptoms can range from a muscle ache to a shooting, burning, or stabbing sensation. In addition, the pain may radiate down your leg or worsen with bending, twisting, lifting, standing, or walking.

The majority of back pains are mechanical in nature, meaning that they are caused by problems with the moving parts of the spine. Therefore, certain movements that you make, and positions you adopt can lead to the onset or worsening of pain. A very common example of this is patients who complain of worsening pain with bending forward for prolonged periods. Also, sitting for prolonged periods at work or while driving will bother these individuals and they might find it hard to get up from a sitting position. In some cases, it might even take a few minutes to be able to stand upright properly.

Avoid movements that twist or strain your back. Use your body properly:

- **Stand smart:** Don't slouch. Maintain a neutral pelvic position. If you must stand for long periods, place one foot on a low footstool to take some of the load off your lower back. Alternate feet. Good posture can reduce the stress on back muscles.
- **Sit smart:** Choose a seat with good lower back support, armrests, and a swivel base. Placing a pillow or rolled towel in the small of your back can maintain its normal curve. Keep your knees and hips level. Change your position frequently, at least every half-hour.
- **Lift smart:** Avoid heavy lifting, if possible, but if you must lift something heavy, let your legs do the work. Keep your back straight — no twisting — and bend only at the knees. Hold the load close to your body. Find a lifting partner if the object is heavy or awkward.

Call us and schedule an appointment if you are experiencing pain!

5 MORE STEPS TO PUT YOUR PELVIC FLOOR FIRST

6. Keep your feet close together

If you are performing a standing resistance exercise, try to keep your feet no wider than hip-width apart rather than wide-leg standing positions. You will find it easier to activate your pelvic floor muscles when your feet are close together and your pelvic floor openings are less exposed.

7. Strengthen gradually

Start using very light resistance and pay attention to performing the exercise correctly to reduce your risk of injury. Gradually increase your load when you are very confident of your technique and when you have good pelvic floor and abdominal muscle control.

8. Take care when fatigued or injured

When you are very tired, unwell or have lower back pain, your pelvic floor and deep abdominal muscles may not work as effectively and you will be more prone to symptoms and injury. Take a break and return to resistance training when you have recovered.

9. Rest between sets

Rest for a couple of minutes between each set of exercises you perform. This gives your muscles (including your pelvic floor muscles) time to recover before your next lift.

10. Avoid aggravating exercises and machines

Listen to your body when exercising. If your symptoms are worse with a specific exercise, modify that exercise or leave it out of your program and perform another exercise to strengthen the same area.





LOW BACK PAIN CONTINUED....

Common Back Problems Seen by Physical Therapists:

- Strains & Sprains
- Herniated Discs
- Degenerated Discs
- Sciatica
- Piriformis Syndrome
- Spondylosis
- Arthritis

Low Back Pain Quick Assessment

If 3 or more Yes's are present then the patient would likely benefit from a Physical Therapy Examination.

1. Are symptoms present for less than 16 days in the most recent exacerbation? Yes or No
2. If the patient has lower extremity symptoms, are the symptoms above the knee? Yes or No
3. Does the patient's low back pain vary in intensity? Yes or No
4. Do movements or positions change the patient's symptoms? Yes or No
5. Does the patient have a hard time standing after sitting? Yes or No
6. Are the symptoms worse after bending, stooping, or sitting? Yes or No
7. Are the symptoms usually worse in the morning? Yes or No

We are here to help! If you are experiencing back pain and haven't talked to your medical professional, now is the time to take action. Do not let it linger!

<https://ptandme.com/low-back-pain-there-is-relief/>, <https://www.mayoclinic.org/diseases-conditions/back-pain/symptoms-causes/syc-20369906>

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