



DON'T IGNORE YOUR BACK PAIN

www.taylor-rehab.com

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DON'T IGNORE YOUR BACK PAIN



Injuries are a real pain in the back.

The back is one of the most vulnerable parts of the body. You rely on it so heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk. It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident. It is at risk when you are safely at home on your couch or at the office, where you are likely scrunched over and not caring one bit about your posture. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone isn't sitting right is something that not many people are going to deal with for too long before seeking medical attention. Yet when pain begins in the back, it is almost normal to ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

Understanding Back Pain

Back pain may be common, but it is absolutely not normal.

There are actually a lot of conditions that can cause your back to begin to hurt, and it is smart to have your back looked at early on so that you know exactly what is going on with your body from the get-go. The physical therapists at Taylor Rehab all have advanced training to be able to recognize the different causes of back pains.

Once the cause of your back pain is determined, your physical therapist will be able to identify the best treatment options for your body's needs. **This will likely include the following:**

- **Targeted exercises** that are specialized to the region of the back that is experiencing the most pain. These exercises are designed to help build strength and support the surrounding muscles.
- **Guided stretching** designed to improve range of motion and flexibility. This will take into account the health and vivacity of vertebrae and any potential stretches that may support optimal back health.
- **Support and guidance** with an exercise routine and habit formation, especially with cardiovascular activity that can stimulate improved blood circulation to the affected areas of the back, as well as strength-building activities.

Attempting to undertake any of these changes on your own after you've experienced a back injury is both dangerous and not recommended. **Working with a licensed and experienced physical therapist can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you attempt to heal the cause of your back pain.**



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

Call Taylor Rehab
to talk with your
physical therapist
today!



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Getting to the Bottom of Back Pain

There are a lot of different reasons as to why you may be experiencing back pain, and ignoring any of them is not a good idea.

Some of the most common issues that cause back pain to linger include:

- Muscle sprain or strain
- Slipped vertebrae or disk
- Tear or hyperextension to the supporting muscles or tendons
- Arthritis

These concerns can develop as a result of a myriad of environmental issues, such as having poor posture, prolonged sedentary activity, car crash, sporting accident, stress, heavy lifting, and so on.

When it comes to back pain, don't wait!

When you experience an injury to your back, or realize that you are experiencing regular pain as a result of an ongoing injury or overuse, it is important to find out the cause of your back pain as quickly as possible. Back pain can quickly become chronic, as a potentially small issue can become complicated when it is not addressed early on. Working with a physical therapist can help you to identify the difference between environmental causes and something more medically based. To get started with putting an end to your back pain, contact us.

Staff Spotlight

Annie Armstrong PT



Annie Armstrong is new to Taylor Rehab, joining the team in August 2020. Annie grew up in Springfield, Missouri where she developed a love of sports at an early age. She played both tennis and basketball in high school and continued her basketball career at the collegiate level. A fun fact; Annie still holds the NCAA women's record for free throw shooting percentage. After graduating from Drury University

with a degree in Exercise Science, Annie moved to Madrid, Spain to play professional basketball.

Annie graduated with a Doctorate of Physical Therapy from the University of Arkansas for Medical Sciences. She enjoys treating a variety of patient populations including general orthopedics, geriatrics, and sports injuries.

Annie enjoys traveling and stays active through running, hiking, and playing tennis.



Healthy Recipe

Frozen Banana Pops



- 4 bananas, peeled and cut into thirds
- 6 oz dark chocolate, chopped
- 3 tbsp toasted pecans, finely chopped
- 12 wooden popsicle sticks

Insert 1 stick into each piece of banana. Arrange bananas on a plate or flat pan and freeze at least 3 hours. In a small microwave-safe bowl, microwave the chocolate in 30-sec. intervals, until melted and smooth, stirring in between intervals. Let cool slightly. Working with 1 banana at a time, dip into melted chocolate to coat, then immediately sprinkle with toasted pecans. Place on a sheet of parchment paper until set. Repeat with remaining bananas, chocolate, and toppings. Return to freezer until ready to eat.

Being Grateful Is Good For You!

Gratitude and health

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

Gratitude and joy

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

Gratitude and resilience

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process



of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Many survivors of the Holocaust, when asked to tell their stories, remember most strongly the feelings of gratitude for food, shelter, or clothing that was offered to them. This sense of thankfulness for the small blessings helped them maintain their humanity despite experiencing a horrific tragedy. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making—all aspects that help facilitate survival and post-traumatic growth.

*Emmons, R. (2010 November 16). Why gratitude is good. Greater Good. Retrieved from https://greatergood.berkeley.edu/article/item/why_gratitude_is_good. Emmons, R.A., Stern, R. (2013). Gratitude as a psychotherapeutic intervention. *Journal of Clinical Psychology*, 69(8), 846-855. Excerpts taken from <https://www.takingcharge.csh.umn.edu/10-ways-before-thankful-person>*

Exercise Essential



SimpleSet Pro

SCALENE STRETCH

Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck

Did You Know?

We Can Also Treat:

- Arthritis
- Back Pain
- Balance
- Chronic Pain
- Dizziness
- Headaches
- Hip & Knee Pain
- Neck Pain
- Neuropathy
- Pelvic Health
- Sports Injuries
- Work Injuries

Mind Exercise: Fall Word Search

S F G H E G H U E X V V U L G E Y S R U B Y O S
D S E N Y A K G R W X Q A Z N S G O G L Y D J J E
H D T S L O G F P O L S B K T L A B A Z Z J R P J
A O J O N V Y S J Z U D W M Z C Q C R Q I L Y W
L J B C V Q L D X V K H F P O T D L U B X
U A L W Y S S G A W S T E K G Q S J K L S Q R E
O C K U U S N N S O O X Y E K R U T Z A L A D F
W O L S J Z R F S K N M H R T S A A Y I G W E
B Q H F F O H J K W Y A D F L Y E Q D N H W
E L C M E A C K N U L A E S O E F I V P R R S F
N N I P P Y A P N F I G H Y N K D B J A C A F D
B F S T O R G C T B W V T U H M H G E V S R J
I G E S B E C T K O D L U J J C K E R T E L T S
S H L E S N J S N L N Z W U S H U M Y O R D R
T T P W F E C L O H A T W O Q S J W F A Q C E
O S P R R C P R A C V N V R D R F M U D Y H E T
O Q A A A S V F F P W E Q T U C R G R Z U Q A
B Q H E Z O H J K W Y A D F L Y E Q D N H W
H I A G X B J S L S A X J B G J M R W B Q K W
E H K I K K A U T M N Y S E H X X Z A I B H S
F F P U M P R I N S B T I X U W A T R N C R D A
A G K G E O Q D V S Y T U E W S E X S Z S L Q
S J S E E R T V C C I V T R H D T C J L Y A O
U N P D P I J M W K E G A I L O F L L A F M X D

TURKEY	HARVEST	COLORFUL	HAYRIDE
SCARECROW	THANKSGIVING	NOVEMBER	HALLOWEEN
GOURDS	AUTUMN	ACORN	PUMPKINS
APPLES	SCENERY	FALL FOLIAGE	NIPPY
FROST	COOL-NIGHTS	JACKETS	SWATERS
BOOTS	TREES	LEAVES	BROWNS
FALL			

Free Workshops

Free Rotator Cuff Workshop

Saturday, November 11th - 10:00 AM
167 Gateway Blvd. Mooresville, NC 28117



SCAN ME

The Rotator Cuff Workshop is for people suffering with shoulder pain who are looking to feel normal again and heal naturally without medications, injections and surgery.

Free Back Pain & Sciatica Workshop

Tuesday, November 17th - 6:15 PM
167 Gateway Blvd. Mooresville, NC 28117



SCAN ME

The Low Back Pain Workshop is for people suffering with low back pain who are looking to feel normal again and heal naturally without medications, injections and surgery.