



WILLOW PHYSICAL THERAPY
STRENGTH & FLEXIBILITY

Health & Wellness

NEWSLETTER



IS YOUR LOWER BACK PAIN CAUSED BY SACROILIAC JOINT DYSFUNCTION

***FIND RELIEF WITH WILLOW
PHYSICAL THERAPY***

ALSO INSIDE:

- SEASONAL RECIPE
- STAYING MOTIVATED TO EAT HEALTHY
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- PATIENT SPOTLIGHT



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IS YOUR LOWER BACK PAIN CAUSED BY SACROILIAC JOINT DYSFUNCTION

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Are you living with sacroiliac joint dysfunction?

This condition, also known as SI Dysfunction, is a painful sensation felt in the sacroiliac joint region, which is located at the bottom of the spine. A diagnosis for this condition means that the joints connecting the sacrum to the pelvis are moving improperly.

This condition can result in pain in the lower back, buttocks, and/or legs. Inflammation of the joints in this region can also occur, referred to as sacroiliitis.

If you think you may be experiencing the symptoms of sacroiliac joint dysfunction, don't hesitate to contact Willow Physical Therapy today.

We'll help improve your normal mobility so you can get moving comfortably again!

What exactly is sacroiliac joint dysfunction?

It is important to first understand the anatomy of the sacroiliac joint region before you can understand exactly what this condition is and how it is caused.

At the bottom of your spine, there is a small triangular bone known as the sacrum. It is located below the lumbar region of the spine and above the tailbone, and it consists of five fused vertebral segments. The sacrum is connected to the pelvic bone on both the left and right sides at the sacroiliac joints.

So, what exactly do these joints do? Essentially, they act as shock absorbers. Because this is their main function, they are only meant to move small amounts.

However, sometimes these joints begin to move too much or too little - that's when SI Dysfunction occurs. When someone has hypermobility (too much mobility) in the joints, ligaments begin to loosen, which can cause issues with movement and protection to the bones.

When someone has hypomobility (too little mobility) in the joints, they begin to overcompensate. This can cause problems in nearby joints, resulting in abnormal movements and pain.

(Continued Inside)

Are you letting pain hold you back? Call to schedule your appointment today! 907-456-5990

LIVE YOUR LIFE FREE OF BACK PAIN

(CONTINUED FROM OUTSIDE)



How do hypermobility and hypomobility of the joints occur?

Hypermobility in the sacroiliac joints can occur for several reasons, including injury to the ligaments or pregnancy.

Hypomobility in the sacroiliac joints can also occur for several reasons, including degenerative joint diseases (such as arthritis) or spinal fusion.

While pain from SI Dysfunction typically manifests in the lower back, buttocks, or legs, it can also spread to surrounding muscles. This can result in pain and muscle spasms in areas that may seem unrelated.

Find relief for your pain today:

If you think you may be suffering from symptoms in your sacroiliac joints, contact us to find out for sure. Your physical therapist will begin your initial session by conducting a physical exam, in order to determine the

cause of your pain and determine the best course of treatment for your needs. From there, an individualized treatment plan will be designed specifically for you, including passive and active treatments to help manage and relieve your pain.

Both the hypermobility and hypomobility that comes with sacroiliac joint dysfunction can pose significant limits to your daily life. Don't let yourself live with pain and abnormal joint function - contact Willow Physical Therapy today to find relief. We can get you back to normal as quickly as possible!

CALL TO SCHEDULE
YOUR APPOINTMENT TODAY!
907-456-5990

www.willowpt.com

Seasonal Recipe Roasted Sweet Potato Soup With Pistachio

INGREDIENTS

- 4 pounds sweet potato
- 6 tablespoons vegetable oil
- Kosher salt
- 4 medium carrots, diced
- 1 medium onion
- 5 cloves garlic
- 2 sprigs sage

- 2 quarts low-sodium chicken stock
- 1/4 cup orange juice and 1 tablespoon grated zest
- 3/4 cup pistachios
- 2 scallions
- 2 tablespoons mint leaves
- Pinch cayenne pepper
- 1/2 cup olive oil

DIRECTIONS: Preheat oven to 300°F. Toss sweet potato with 4 tablespoons vegetable oil and salt. Spread sweet potato on 2 rimmed baking sheets and bake for 1 hour. Increase oven temperature to 375°F and cook until sweet potatoes are tender and lightly browned around the edges, about 25 minutes. In a large pot, heat remaining 2 tablespoons vegetable oil over medium-high heat until shimmering. Add carrot, onion, garlic, sage, and a generous pinch of salt and cook, stirring, until vegetables are just tender. Add sweet potatoes and stock and bring to a simmer. Cook for 10 minutes until vegetables are very tender. Discard sage, if using. Add orange juice. Blend soup until smooth. Season with salt. In a mixing bowl, stir together pistachios, orange zest, scallions, mint, and cayenne pepper. Fold in olive oil and season with salt. Serve soup, spooning pistachio salsa on top.



EXERCISE OF THE MONTH

Try this movement if you are experiencing pain.

DEAD BUG | HEEL TOUCHES

Good exercise to strengthen your core.

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.



Exercises copyright of  SimpleSet Pro

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



Staying Motivated To Eat Healthy

1. Set small, measurable goals that will help you get to your overall large goal.
2. Keep a food and exercise journal. This is extremely helpful to track how much you're eating – sometimes you don't realize how many small bites here and there add up. You can do a hand-written journal or go digital and log your food/fitness from the computer or your smartphone.
3. Keep processed junk food out of your diet by adding in nutritious whole foods.
4. Skip the pantry and head to the fridge. No one really keeps a lot of processed foods in their fridge because they're usually self-stable. When looking for an afternoon snack, stick with something from the fridge (non-fat greek yogurt, fruit, veggies with hummus, edamame, etc.)
5. Try new foods. Eating the same meal every night can get old. Look for new healthy recipes online, in cookbooks or magazines so you don't get bored with eating healthy.
6. Eat something every 2-3 hours. This keeps your metabolism running and also makes sure you don't overeat after work.
7. Keep nutritious foods on hand and ready to eat. Preparation is the key to eating healthy! Having fresh vegetables and fruits, lean protein, healthy fats and smart carbs each week is super helpful for staying on track.



Patient Spotlight

"The staff at Willow is great and very accommodating and helpful!"

"The staff is always professional, courteous, and willing to work with patients who have special circumstances that may arise. Overall, the objective of the therapy is to improve the overall health of the patient and the assistance of Willow PT to send their patients exercises to perform at home is great. The staff at Willow is great and very accommodating and helpful!!!!" - **WILLIAM J.**

www.willowpt.com