



WILLOW PHYSICAL THERAPY
MOVEMENT EXPERTS

Health & Wellness

NEWSLETTER



RELIEVING BACK PAIN WITH TRACTION

HOW IT CAN BENEFIT YOU

ALSO INSIDE:

- HOW TRACTION CAN HELP EASE YOUR BACK PAIN
- SEASONAL RECIPE
- EXERCISE OF THE MONTH



WILLOW PHYSICAL THERAPY
MOVEMENT EXPERTS

Health & Wellness

NEWSLETTER

RELIEVING BACK PAIN WITH TRACTION

HOW IT CAN BENEFIT YOU

If your back hurts, should you lie in bed or take a rest on the couch? Neither; in fact, while it might feel good to take a load off temporarily, either one of these can actually prolong or even worsen your symptoms. Lower back pain (LBP) is the most commonly reported form of pain. It is a major cause of medical expenses, work absenteeism, and disability.

According to a study conducted by the American Physical Therapy Association, one third of adults surveyed say that low back pain impacted their ability to sleep, work, or exercise. A common physical therapy treatment for relieving back pain is traction. This has proven to significantly help in getting patients back to their normal levels of function. With traction, you can find some much-needed relief and get back to comfortably living your daily life.

For more information on how this could benefit you, contact Willow Physical Therapy today!

How can physical therapy help back pain?

Physical therapy is the ideal treatment for patients experiencing chronic low back pain. Unlike prescription pain medication, physical therapy does not have any unwanted

side effects, does not carry the risk of dependency, and addresses a person's mobility, as well as pain reduction. One recent study published in the Annals of Internal Medicine also reported that physical therapy is as effective as surgery for treating low back pain conditions, without the risks or recovery time.

Many people already associate physical therapy with movement, balance and mobility, but few understand the role physical therapy can have in pain relief. Therapies such as traction play a big role in physical therapy's ability to relieve a patient's pain. When combined with other physical therapy modalities, traction is actually more effective than pain medications in providing long-term relief.

Traction is a form of decompression therapy that we are happy to offer at our physical therapy practice. It relieves pressure on the spine and alleviates pain from joints, sprains, and spasms. It can also treat herniated discs, sciatica, degenerative disc disease, pinched nerves, and many other back conditions. Traction is performed by skilled physical therapists and/or the use of mechanical units.

(Continued inside)

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

HOW TRACTION CAN HELP EASE YOUR BACK PAIN



The different types of traction include:

- **Mechanical Traction.** The specialized treatment technique of mechanical traction uses devices that work by stretching the spinal vertebrae and muscles.
- **Manual Traction.** With manual traction, our physical therapists use their hands to stretch the spinal vertebrae and muscles.

So, how exactly does traction work?

Traction relieves pressure on the spine and alleviates pain. Cervical traction and lumbar traction are similar, but they have a couple of key differences: with cervical traction, a gentle force is used to stretch or pull the head away from the neck. With lumbar traction, a gentle force is used to gently gap the pelvis from the lower back. Both of these methods are useful in manipulating the spine and providing relief.

How can I add traction to my treatment plan?

For low back pain sufferers, one key element to relief is traction. Combining this method of treatment with additional pain relief modalities is the most effective way to treat low back pain, rather than mask it with pain relievers or muscle relaxers.

If your back has been bothering you, don't hesitate to schedule a consultation with Willow Physical Therapy today to discuss how we can add traction to your treatment plan. One of our highly trained physical therapists will design a personalized treatment plan for your specific needs. Don't live with lower back pain – traction can help get you moving.

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



Seasonal Recipe Spring Pea Pasta

INGREDIENTS

- 1 pound pasta
- 3–4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Optional- goat cheese crumbles

INSTRUCTIONS

Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

EXERCISE OF THE MONTH

Try this movement if you are experiencing pain.

STANDING EXTENSIONS

Helps to stretch your whole back.

While standing, place your hands on your hips and lean back to arch your back. Hold for 10 seconds and repeat 8 times.



Exercises copyright of



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



4 Health Benefits of Spring Cleaning!

- 1. Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America. A 2014 study by the American College of Allergy, Asthma, and Immunity found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.
- 2. Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.
- 3. Better Heart Health.** If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.
- 4. Get a Better Night's Sleep.** Do you have trouble sleeping at night? The National Sleep Foundation found in a recent poll that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

Patient Spotlight

"I've...seen dramatic improvement over the course of six short weeks."

"I've been working with Paul for weeks to rehab my wrist after surgery. The flexibility of virtual appointments is fantastic. I've also seen dramatic improvement over the course of six short weeks in my mobility and strength. Paul is personable and knowledgeable which turned a frustrating surgical healing setback into a solid foundation of recovery. If you need physical therapy this is definitely the place to go!" — Amanda Z.



STRENGTH
& FLEXIBILITY

WILLOW PHYSICAL THERAPY
MOVEMENT EXPERTS

www.willowpt.com |  