



NEWSLETTER



Scan to
book an
appointment!



PLUS

WINTER BIKE TIPS

PATIENT SPOTLIGHT

EASY HOLIDAY
APPETIZER RECIPE

DON'T LET BACK PAIN SLOW YOU DOWN!

CALL GOLDMAN PT TODAY TO FIND OUT HOW WE CAN HELP YOU LIVE A PAIN-FREE LIFE

(201) 977-2822 | GOLDMANPT.COM



NEWSLETTER



IS BACK PAIN SLOWING YOU DOWN?

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities—as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Goldman Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions,

or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates—that

CALL GOLDMAN PT TODAY TO FIND OUT HOW WE CAN HELP YOU LIVE A PAIN-FREE LIFE

(201) 977-2822 | GOLDMANPT.COM



is, bulges or ruptures—and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and other symptoms.

- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

Why Goldman Physical Therapy Is Your Back Pain Solution

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It’s also useful for people with chronic back pain—defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We’ll work to address the underlying cause of your pain rather than simply masking the symptoms.

How will we do this? Through a blend of the following techniques:

- **Manual therapy** helps manage pain, promote blood circulation, and gently improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as balance or gait training, improves areas of weakness that might contribute to your pain.

- **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or yoga practice.

Get Moving Again with Physical Therapy!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Goldman Physical Therapy team is here to help you break that cycle and find relief from back pain for good.

Call us today to schedule an appointment!

Sources: <https://www.choossept.com/guide/physical-therapy-guide-low-back-pain/>; <https://pubmed.ncbi.nlm.nih.gov/32669487/>; <https://www.cochranelibrary.com/full/cdsr/doi/10.1002/14651858.CD004057.pub3/full>

EXERCISE ESSENTIAL

Double Knee To Chest



Try this exercise to help relieve low back pain.

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



CALL GOLDMAN PT TODAY TO FIND OUT HOW WE CAN HELP YOU LIVE A PAIN-FREE LIFE
(201) 977-2822 | GOLDMANPT.COM

EASY HOLIDAY APPETIZER

3-Ingredient Cranberry-Brie Bites



- 1 (7 to 8 ounce) prepared pie crust (or 1/2 of a 14-ounce package)
- ½ cup prepared cranberry sauce or homemade, divided
- 3 ounces Brie cheese, cut into 24 pieces, divided
- 1 tablespoon chopped fresh chives (optional)

Preheat oven to 450°F. Lightly coat a mini muffin tin with cooking spray.

Unroll pie crust onto a cutting board or clean surface. Flatten dough to about 12 inches in diameter. Cut 24 2-inch circles out of the dough with a biscuit cutter, rerolling scraps if needed. Place the dough circles in the prepared muffin cups, gently pressing on the bottom and sides. Prick the dough with a fork. Bake until lightly browned, 5 to 7 minutes. Remove from the oven.

Add 1 teaspoon cranberry sauce to each cup, then top with a piece of Brie. Return to the oven and bake until the sauce is hot and the cheese has melted, about 5 minutes more. Let cool for 10 minutes. Sprinkle with chives, if desired, and serve warm.

<https://www.eatingwell.com/recipe/268041/3-ingredient-cranberry-brie-bites/>

WINTER BIKE TIPS

1. **Get a good set of lights.** The days are shorter in winter so you often find yourself riding in dark conditions.
2. **Keep your chain clean and properly lubricated** (as well as your whole bike). Road salts and wet conditions will wear down a chain faster than fair-weather riding.
3. **Monitor tire pressure.** PSI affects traction, especially for fat tires. Your bike will lose pressure just from sitting in the garage so check it regularly.
4. **Dress properly.** Once you start pedaling, you warm up quickly so over-dressing can cause you to sweat, making you wetter and colder in the end.
5. **Be cautious and ride smart.** Everything on your bike in winter runs slower — your brakes won't stop you as fast, you will be riding on ice and slippery snow, and other vehicles may slide, too.



PATIENT SPOTLIGHT



"...brought me back to health!"

"Within just a few PT sessions for my back pain, David Goldman and his physical therapists brought me back to health! The individual attention and thorough treatment is hard to come by these days. I would highly recommend this office!"

— Liz M.

REVIEW US!

Scan this QR code to go to our Reviews page. Your success story could help improve the lives of others in our community by leading them to physical therapy.



Are you experiencing issues?

COME BACK TO PHYSICAL THERAPY

Is your old pain flaring up? Do you have a new issue? Come back to physical therapy by scheduling your next appointment today!

(201) 977-2822

FAX: 201- 334-9202



CALL GOLDMAN PT TODAY TO FIND OUT HOW WE CAN HELP YOU LIVE A PAIN-FREE LIFE

(201) 977-2822 | GOLDMANPT.COM