



NEWSLETTER



BACK JOY: SIMPLE PAIN RELIEF

Are you tired of that nagging back pain that keeps you from enjoying life to the fullest? You're in luck because we are here to guide you to a healthier spine! With a few little steps and our expert guidance, you will soon be on your way to a life where back pain is a thing of the past.

Your journey to a healthier spine is a collaborative effort. At Goldman Physical Therapy, we believe in working closely with you, listening to your concerns, and understanding your goals. After all, who knows your body better than you do? Together, we can work to ensure a future free of back pain.

Sometimes, the discomfort in your back may seem like a constant companion, refusing to part ways with you. Fortunately, with the right guidance and effort, you can find a way to alleviate your pain. So, let's take the first step on this promising journey together!

Understanding the Root Causes of Back Pain

The first step to saying goodbye to back pain is understanding what causes it. It might be due to a sedentary lifestyle, an old injury, or even just daily wear and tear. No matter the reason, understanding the root causes is your key to finding the solution.

The most common causes of back pain that our physical therapists frequently treat include the following:

- **Muscle Strain or Ligament Sprain:** Repeated heavy lifting or sudden awkward movements can strain the muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back can cause painful muscle spasms.
- **Bulging or Ruptured Discs:** Discs, the cushioning between your bones, can bulge or herniate and press on a nerve.
- **Degenerative Disc Disease:** As we age, the discs between the vertebrae deteriorate, which can cause pain, especially if one disc is worn down significantly.
- **Spinal Stenosis:** This condition results from the narrowing of the spinal canal, putting pressure on the nerves and causing back pain.
- **Fibromyalgia:** Fibromyalgia is a chronic pain syndrome that causes muscle stiffness and fatigue, including back pain.

Remember, it is always advised to consult with our physical therapist for personalized advice. We'll work with you to identify the exact cause of your back pain and suggest appropriate treatments to ensure you get the results you deserve!

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

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Ready to Wave Goodbye to Back Pain?

With personalized care and proven strategies, our dedicated physical therapists are here to guide you on your road to recovery. It's time to reclaim the joy of living without the shadow of back pain looming over you.

Don't let back pain dictate your life's story. Reach out to Goldman Physical Therapy to learn how physiotherapy can be the first step towards a back pain-free life!



CLICK HERE
to make an appointment today!

Simple Yet Effective Strategies: Your Road to a Healthy Spine Tailored Treatment Plan

At the beginning of your healing journey, you'll meet with one of our physical therapists who are like detectives for your body. They'll chat with you, learn about your pain, and do a thorough physical examination to determine what's causing your back troubles.

Once they've gathered all the clues, they craft a personalized treatment plan just for you! This isn't a one-size-fits-all deal; it's tailored to suit your unique needs, helping you bounce back quicker and stronger and includes the following:

- **Manual Therapy:** Your therapist uses their hands to gently massage and mobilize your back, easing those tight muscles and helping you relax.
- **Mobility Work:** Your therapist will guide you through movements that help increase the mobility of your back.
- **Targeted Stretches:** Your therapist will show you the right ways to stretch, helping you loosen up those stiff areas and feel great.
- **Strengthening Exercises:** With a series of strengthening exercises, your therapist will teach you how to build a strong, resilient back to handle the stresses of your day-to-day life.

Remember, your Goldman Physical Therapy therapists are there with you at every step, cheering you on, answering your questions, and tweaking your plan to ensure you get the best results.

So, are you ready to wave goodbye to back pain and usher in a life of comfort and joy? Give us a call!

HEALTHY RECIPE

CAULIFLOWER STEAKS WITH ROASTED RED PEPPER

- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds



Heat oven to 425F and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season with salt & pepper. Put on the tray and roast for 15-20 mins until cooked through.

Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

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5 TIPS FOR A HEALTHY DIET THIS SUMMER

- 1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
- 2. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.
- 3. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
- 4. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
- 5. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch! We hope these tips will help you navigate the season and prioritize your health this summer!



PATIENT SPOTLIGHT

“David, Tracy and the whole staff of Goldman PT put me back on the painless path to full functioning. From hands on manipulation to teaching me exercises I can do myself, this practice offers it all. Thank you, Goldman PT! See you on the road.”

— David B.



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Is your old pain flaring up?

Do you have a new issue? Come back to physical therapy by scheduling your next appointment today!

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