



DON'T LET BACK PAIN SLOW YOU DOWN!

Back pain can be one of the most debilitating conditions, affecting up to 80% of the population at some time in their life. Unfortunately, some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction and even nerve damage.

The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. The good news is that with guidance from your physical therapist you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

What We Know About the Causes of Back Pain

Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments and other soft tissue.

The contributing factors often associated with back pain are:

- Improper posture or prolonged positions (i.e. prolonged sitting)

- Spinal muscle and tissue damage (i.e. lifting strains or trauma from accidents)
- Limited hip, spine and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e. compensations due to injury)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

Physical Therapy Is an Effective Back Pain Solution!

You're in luck: For most people, back pain resolves on its own. And for those that continue to experience pain, physical therapy can help.

According to research on back pain, physical therapy treatments are effective for acute and chronic conditions.

Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will address all of the causes.

We are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Limit Sitting For Too Long

Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30252425/>; <https://pubmed.ncbi.nlm.nih.gov/32669487/>; <https://pubmed.ncbi.nlm.nih.gov/29602304/>; <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlightAbstract=back%7Cexercise%7Cpain%7Cexercise>; <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full?highlightAbstract=back%7Cpain>; <https://pubmed.ncbi.nlm.nih.gov/27285608/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2200681/>; <https://www.health.harvard.edu/pain/dont-take-back-pain-sitting-down>

Use Good Posture

Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out – lifting you up – keeping your hips, spine, shoulders and neck aligned.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train the muscles of your hips, pelvis and spine – your core muscles.

Call Our Clinic Today

Visit a physical therapist for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

HOW PHYSICAL THERAPY HELPS PELVIC HEALTH

Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At Beyond Limits Physical Therapy, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At Beyond Limits Physical Therapy, our team works with all types of problems affecting the pelvic region regardless of gender identity.

What Is the Pelvic Floor?

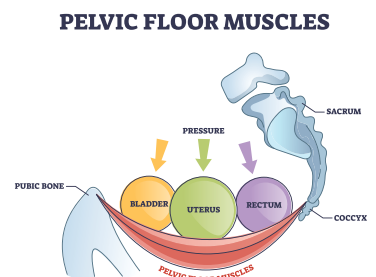
The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic

floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery



- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer
- Certain medications
- Trauma (physical, psychological/emotional)

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physical therapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

What Are the Most Common Issues People Face?

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.

Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction. Fortunately, our physical therapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.

How Physical Therapy Can Help

Our therapists at Beyond Limits Physical Therapy tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction. It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and

external pelvic musculature to relieve muscle tension and provide pain relief

- Pelvic floor muscle retraining to restore normal strength and endurance
- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

Request an Appointment

At Beyond Limits Physical Therapy, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it. Contact our clinic today and request an appointment with one of our pelvic floor specialists!

Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005654.pub4/full>; https://journals.lww.com/co-obgyn/Abstract/2019/12000/Pelvic_floor_physical_therapy_in_the_treatment_of.19.aspx; <https://www.mdpi.com/2075-4426/11/12/1368/htm> <https://pubmed.ncbi.nlm.nih.gov/30137629/> <https://pubmed.ncbi.nlm.nih.gov/24868546/>

COME BACK TO PT! YOU CAN LIVE PAIN-FREE!



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