

EMPIRE

Sports Physical Therapy and Rehabilitation

Be Physical.

Move Forward.

Live Well.

Office Hours

Monday: 7am - 8pm

Tuesday: 12pm - 8pm

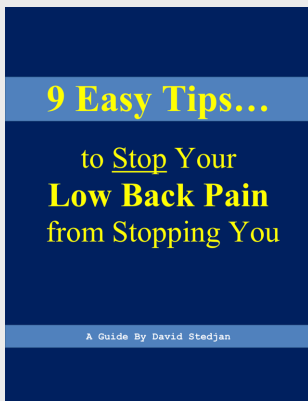
Wednesday: 7am- 5pm

Thursday - 12pm - 8pm

Friday: 7am - 5pm

Saturday: By Appointment Only

Get your FREE Back Pain Tips Report!



Get the 9 Easy Tips to Stop Your Low Back Pain sent directly to your inbox by going to <https://empiresportspt.lpages.co/back-pain-newsletter-opt-in/>

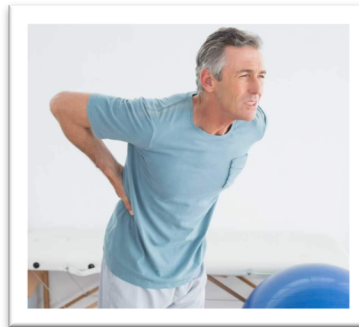
Low Back Pain: *The main causes of your back pain and the best ways to avoid it*

One of the most common complaints of pain in the body is low back pain. Low back pain is a painful condition affecting the lower portion of the spine, call the lumbar spine.

Symptoms of low back pain can include pain in the lumbar region as well as leg numbness and/or weakness and in some cases muscle spasms. Some of the main causes of low back pain can include anything from strains and disc injuries to sciatica, spinal stenosis or abnormal curvatures of the spine.

Some things that you might be doing in your daily routine may be causing new back pain or adding to your existing back pain. If you become aware of the things that can worsen the condition your back is in, you can take greater care to avoid

Below is a short and informative list of low back pain causes and how to help prevent your back pain from getting worse:



1-Long days at a desk or long commutes. Many people spend long days at a desk and/or commuting to and from work. It is very important to get up at least once every hour, stretch or take a small walk, whether it's a walk to the bathroom or up and down the hallway. Alleviating the pressure that sitting can place on your back from sitting is essential to the health of your low back.

2-Improper Exercise. Strengthening your core will help to keep your back pain from limiting your activities. Make sure when you exercise that you are using proper techniques and posture and specific exercises targeted to help strengthen your core. If you are unsure where to start with your back pain and an exercise program, an evaluation with a Physical Therapist can help to get you started in the right direction.





Shoveling Tips to Protect Your Back

Before you tackle the first snow fall of the season read these safety snow shoveling tips to help avoid any potential injuries.

- *Push rather than lift*
- *Lighten your load*
- *Choose an ergonomically-designed shovel*
- *Pace yourself and take breaks*
- *Keep up with the snowfall*
- *Wear layers to keep warm*
- *Stay hydrated*

If you injure yourself during shoveling, give your body a few days to heal. If you find that it is not getting better, call your healthcare professional to discuss rehabilitation options.

3-Lack of Stretching. Stretching daily is important for your physical well-being. It allows you to maintain the flexibility and range of motion your body needs to carry out daily tasks. As previously stated above, if you find yourself sitting for long periods of time, whether at a desk or a long commute, set a reminder on your phone to get up and stretch your back and legs periodically so help with agility and stiffness. Stretching throughout the day can alleviate your back stiffness and keep your back pain at bay.

4-Bending, Lifting, Twisting. Bending down to pick up boxes or maybe a laundry basket off the floor may seem like a simple daily task, but if not done properly can cause your back major pain. It is extremely important to lift with your knees and not your back. Bending down with your knees allows your back to stay in a straight and neutral position. Keeping your posture like this and using your legs till prevent lower back injuries. If you have issues with the knee joint and bending at the knees is troublesome, be aware of the placement of your items, like laundry baskets or boxes) and place them on a higher surface like a countertop. You will be helping both your back and your knees.

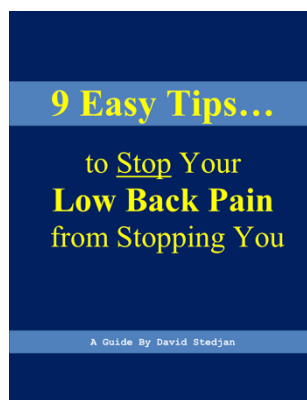
5-Stress. We have all heard how stress has negative effects on all parts of the body. Stress can give us headaches, make us feel nauseous or even lightheaded. Stress also tenses our muscles which can lead to strains in the musculoskeletal structure of our bodies. Learning to make the time for yourself each day to relax may not be an easy task but it is one that is extremely important for your overall health and well-being. Whether it be reading a book, mediating, going to the gym, taking a class or watching a favorite TV show, your mind and body will thank you.

Physical Therapy can help your low back pain by strengthening and stabilizing your muscles that support your back, especially your hips, pelvic area and abdominals. So, if you find your low back pain difficult to manage even after taking heed to the above tips, it may be time to give your Physical Therapist.

Empire Sports Physical Therapy & Rehabilitation is here to help and answer any of your low back pain questions. Call us at 845-675-8444.

FREE Tips Report of The Month:

“9 Easy Tips to Stop Your Low Back Pain from Stopping You”



Get your FREE e-book by going to the website below to learn our best tips and the answers to the most common questions that we get in the office to help you end your back pain and keep you moving.

<https://empiresportspt.lpages.co/back-pain-newsletter-opt-in/>