

ISR Physical Therapy Newsletter



WATCHING YOUR BACK

JUNE, 2009

About four out of five Americans experience back pain at some point in their lives. However, with a few preventive steps, many episodes of back pain can be averted. The part of the back that is most vulnerable to aches and injuries is the lower (or lumbar) region because common activities such as bending and sitting place stress on the discs that lie between vertebrae in that area. To avoid problems in these areas, it helps to increase the strength and flexibility of all the muscles in the body's midsection, including the muscles of the abdomen, which help support the spine from the front. The stomach crunch is a good exercise for strengthening these muscles.

After an episode of low back pain has lasted between two and six weeks, or if there are frequent recurrences of low back pain, it is reasonable to consider back pain exercises and physical therapy for back treatment. In general, the goals of back pain exercises and physical therapy are to decrease back pain, increase function, and provide education on a maintenance program to prevent further recurrences. If you or a family member needs physical therapy, consider receiving these services at ISR Physical Therapy. Our services include post surgical rehab, sports injury care, and back and neck care.

*Pilates exercises are designed to strengthen core muscles, which are essential in providing support for the spine.

"No Excuses, Just Results!"



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