

ISR Physical Therapy Newsletter

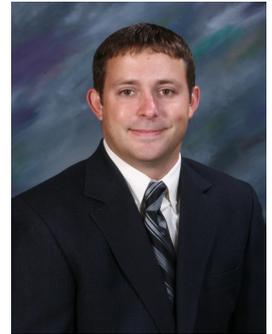


WATCH YOUR BACK!

November, 2009

People with back pain may be inadvertently changing the way they use their muscles in an effort to protect their backs. In the process, they may be introducing themselves to reinjury. This possibility is suggested by a study that found that those with back injuries experienced twice as much twisting force and 1 1/2 times as much compressive force on their spines as healthy individuals when performing the same tasks (such as lifting). The reason cited for this difference was that people with back pain guard the injured area by using more than the muscles required. Moreover, those extra muscles are not necessarily working in concert. With this in mind, physical therapy should include instruction on relearning to use muscles naturally.

The pelvic tilt is the most commonly recommended exercise for the low back. This exercise helps avert back pain by strengthening and stretching the muscles that support the back. The exercise targets the abdominal muscles and buttocks. Lie on your back with your knees bent. Then tighten your stomach muscles and press your lower back into the floor. Raise your hips slightly but do not allow your lower back to come up off the floor. Hold this tilted position for ten seconds, then relax and lower your hips. Repeat three to five times. First, however, consult with a physical therapist before attempting this exercise. For more information about our therapy programs, please call ISR PHYSICAL THERAPY. Our services include back and neck care, sports injury care, and post surgical rehab.



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"No Excuses, Just Results!"



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