



Happy New Year!

**WIN AGAINST BACK
PAIN THIS WINTER**
WITH EVERY STEP YOU TAKE

WE ARE OPEN & HERE FOR YOU!

We are taking new cases and gradually increasing our clinic capacity. We have continued and updated our safety measures including the use of PPE, rigorous cleaning/sanitizing, physical distancing, and adjusted scheduling. We are adhering to all CDC guidelines to ensure a safe environment. Call us today at 269-979-3000. We can help you get the care you need whether in-person or by our new Telehealth physical therapy services!

Stay Healthy with These Tips:

1. Clean hands often, 2. Avoid touching your face, 3. Avoid hugs & handshakes, 4. Stay home if sick





MUSCLEANDSPINEREHAB.COM
269-979-3000

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE: • Win Against Back Pain This Winter • Fixing Your Stride • Wellness Tips for Your New Year's Resolutions • A New Year Means A New You!



Happy New Year!

WIN AGAINST BACK PAIN THIS WINTER

WITH EVERY STEP YOU TAKE

Does going for a walk sound like a big pain in the back? For those who struggle with chronic back pain, even the basic task of going for a walk can be overwhelming and painful. Back pain can strike at any time. Whether in the upper back, surrounding the neck and shoulders, or in the lower back at the lumbar or sciatica, back pain is something that no one likes to deal with for too long.

Relying on pain medications to help you overcome back pain will leave you disappointed. While pain medications are frequently helpful at alleviating the discomfort of your back pain for a short period of time, they are not capable of resolving the issue that is causing your pain to develop in the first place. The only thing that can actually fix your back pain is addressing the issue that is causing

your pain head-on. Physical therapy is a great resource for addressing your back pain and can be a helpful tool in getting you back-on your feet.

So, whether it is following a sudden injury or a chronic issue that has developed over time, physical therapy could be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

Walking Your Way Pain-Free

Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and even spending time with family on the weekends all rely heavily on your ability

to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it.

Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physical therapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Schedule your appointment today!
Call us at (269) 979-3000 or visit
muscleandspinerehab.com.



FIXING YOUR STRIDE



When you are experiencing regular back pain—especially if you are experiencing back pain while walking—you should consider ways that you can reduce back pain by taking small steps to support your back. There are several things that you can do at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Here are several ways that you can start taking care of your back with each step you take:

1. Make sure that you are wearing the right types of shoes. While the golden rule for walking is to wear sneakers, not all sneakers are created equally. You need

to wear a sneaker that is going to provide you with the arch support that meets your individual needs. This may mean upgrading from your minimal support sneaker to something more athletically designed.

2. Try a custom insert in your shoe. Of course, you can't wear sneakers all the time. When you are at the office, professional footwear matters. You may find it helpful to have custom orthotics made for your work shoes so that you can have more arch support around the clock.

3. Work on improving your posture. If you are slouching when you walk, then that may be impacting the way that your back feels. Take a few minutes in the morning and again in the afternoon to

stretch your back, and then make a point of keeping your shoulders square and your back straight as you walk. Simply standing tall may alleviate some of your back pain.

Another way that walking can help alleviate back pain is by encouraging weight loss. Being overweight puts added pressure on your back, and this can contribute to increased back pain. Working with a physical therapist to improve your walking technique can help you to overcome back pain one step at a time.

Call us at (269) 979-3000 or visit our website at muscleandspine rehab.com to schedule an appointment today.

WELLNESS TIPS FOR YOUR NEW YEAR'S RESOLUTIONS

- 1. Drink half your body weight in ounces of water.** If you weigh 160 pounds, you should drink 80 ounces of water. When the body is dehydrated, it doesn't run efficiently. Drinking water has plenty of benefits including increasing energy, flushing out toxins, improving skin complexion, and boosting immunity, to name a few.
- 2. Start the morning with a hydrating warm drink.** Adding some lemon juice to warm water can provide a boost of flavor. Apple cider vinegar concoctions can also rehydrate and influence the body's alkaline state. Drink these before coffee and breakfast for instant energy.
- 3. Be active daily.** Aim for 30 minutes of activity daily. Break it up throughout the day: 10 minutes before work, 10 minutes afterward, and 10 minutes with the kids.

HEALTHY NEW YEAR'S RECIPE STUFFED MUSHROOMS

- 1 1/2 lb baby mushrooms
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 c breadcrumbs
- Kosher salt
- Freshly ground black pepper

- 1/4 c freshly grated Parmesan, plus more for topping
- 4 oz cream cheese, softened
- 2 Tbsp freshly chopped parsley, plus more for garnish
- 1 Tbsp freshly chopped thyme

Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove mushroom stems and roughly chop. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped stems and cook for about 5 minutes to remove moisture. Add garlic and cook for 1 minute. Add breadcrumbs and toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool. In a large bowl mix mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with Parmesan. Bake until soft and golden for 20 minutes. Garnish with parsley to serve.

delish.com/cooking/recipe-ideas/a20089643/easy-stuffed-mushroom-recipe



EXERCISE ESSENTIALS

USE THIS TECHNIQUE TO RELIEVE YOUR LEG PAIN

HAMSTRING STRETCH

Stand with one leg on a medium-sized stool or stable platform at the height shown. Keeping your back and leg straight, slowly lean forwards from the hips. Hold for 15-30 seconds. Repeat exercise with the alternate leg. This exercise can be repeated multiple times per day for extra relief.



Exercises copyright of
 SimpleSet Pro

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

A NEW YEAR MEANS A NEW YOU!

Let Muscle & Spine Rehabilitation Center Help You Reach Your Health & Fitness Goals This Year!

Start the year off with a safe and conservative treatment that gets results! We will help you regain lost motion, strength, balance, and coordination resulting from pain in your shoulders, back, neck, hips, or knees. You'll be able to strengthen and increase your mobility while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion, and get you moving again.

Call (269) 979-3000 to schedule an appointment.
We will get you back to living the life you deserve.

MY PT SUCCESS STORY

“This is an awesome place with very friendly staff. I felt very well cared for. I was challenged but not beyond my limits.”

- C. B.



JOIN OUR HEALTH MENTOR ALL-STARS

Do You Have Friends or Family Members That Have Trouble:

- ✓ Moving without pain
- ✓ Sitting for long periods
- ✓ Bending & moving freely
- ✓ Walking for long distances
- ✓ Balancing confidently & securely
- ✓ Living active & healthy

Share the Benefits of Physical Therapy with a Friend! We appreciate the confidence you place in us and will do our best to help those you refer meet their health and rehab goals, and that they thank you for it! A huge thank you to all of our friends who refer others to us at Muscle & Spine Rehabilitation Center.

Special Thanks to Our All-Stars:

Imre V.	Kurt S.	Brenda H.
Trudi M.	Wendy M.	Joann F.
Gail L.	Kathy R.	



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DIRECT ACCESS WHAT DOES IT MEAN?

- A physician referral is no longer needed, whether you want a check-up, suffered a recent injury, or if you want to improve your overall health and wellness.
- Patients sent by their physician can choose where they want to receive therapy.
- An additional script from a physician may be needed. To expedite the process, please bring a referral from your physician.
- Therapy may begin with a full evaluation by a licensed physical therapist.

Don't let your pain hold you back. Call us today at 269-979-3000 or visit our website at muscleandspinerehab.com.