

# ELITE ORTHO PHYSICAL THERAPY

**NEW**  
WAKE FOREST PT  
AND ELITE ORTHO PT  
INFORMATION INSIDE

**Don't Let Back Pain  
Slow You Down!**

**INSIDE:**

**CAUSES OF  
BACK PAIN**

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**HEALTHY  
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# NEWSLETTER

## NOVEMBER 2022



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### HEALTHY RECIPE

#### PUMPKIN SOUP



#### INGREDIENTS

- 6 cups vegetable stock
- 1½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

#### DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

*Continued inside.*

## 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)

Continued from outside.

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.

#### 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!

##### 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!



VISIT [KINECTPTNC.COM](http://KINECTPTNC.COM) FOR MORE INFO

## OWNER SPOTLIGHT



### Stephen Harris, PT

Stephen graduated from Elon University with a Bachelor's of Science in Exercise Sports Medicine and went on to receive his Master's degree in Physical Therapy from Elon

University. He has been practicing physical therapy since 2003. He has experience in orthopedics, sports medicine, spine rehab, chronic pain, and post-operative rehab. He has special training in Postural Restoration. Stephen is level 2 certified in the Dry Needling technique.

In his spare time, enjoys spending time with his family, playing golf, running and working out.

### Jasen Brisson, PT

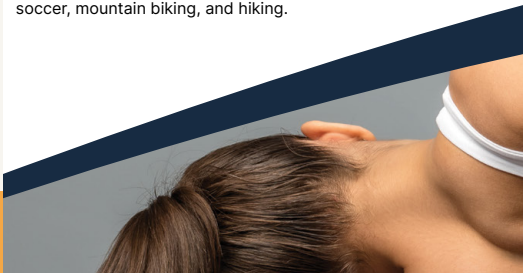


Jasen graduated from Nazareth College in Rochester, NY with a Masters in Physical Therapy. He has been working as a PT since 2006. Jasen began his career

working in an Outpatient Hospital based system before moving to Raleigh.

Jasen has a variety of work experience including acute care, inpatient rehabilitation, and outpatient rehabilitation. He has spent the majority of his time in the outpatient rehabilitation setting, with a primary focus on orthopedic conditions, sports-related injuries, and neurological conditions.

In his spare time, he enjoys spending time with his family, playing soccer, mountain biking, and hiking.



## PRACTICE UPDATE

### Have you Heard!?!

We are making some changes to our facility. We are changing our name from Wake Forest PT and Elite Ortho PT to Kinect Physiotherapy. The Wake Forest and Knightdale locations will begin the process of changing the interior and exterior look by adding a splash of new colors and new signage. You might have noticed some changes have already taken place. For example, this newsletter you are reading, the way we answer the phones, a new and updated website, Facebook and Instagram page. We still have the same amazing staff of Physical Therapists that enjoy spending one on one time with you to help achieve your goals. Thank YOU to all our awesome patients for making this happen!

## Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



## PATIENT SUCCESS

**“Stephen Harris is the best physiotherapy provider I have ever worked with-hands down!”**

Stephen Harris is the best physical therapy provider I have ever worked with – hands down! I have been seen by many therapists over the years for everything ranging from knee issues to spine issues to shoulder issues. He has always been compassionate, helpful and honest. My fit and active lifestyle is made more possible because of everything he and the staff do. I drive from Morrisville to see Stephen as often as I need to. It is well worth the drive.

-Sarita M.

## COME BACK TO PHYSIO

**WHY YOU NEED TO COME BACK IN FOR A TUNE UP:**

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

**WAKE FOREST, NC**  
(919) 568-5035

**KNIGHTDALE, NC**  
(919) 759-6532

