

NEWSLETTER

DECEMBER 2023



SCHEDULE
YOUR
APPOINTMENT



RELIEVING BACK PAIN WITH TRACTION!

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Kinect

PHYSIOTHERAPY



RELIEVING BACK PAIN WITH TRACTION!

Do you feel pressure in your lower back that just doesn't seem to go away? Have you ever found relief from hanging your legs off the edge of your bed or couch? At Kinect Physiotherapy, our physiotherapists are experts at identifying the most effective solution to your pain and helping you find the relief you are looking for! Traction may help you find some much-needed relief and get you back to comfortably living your daily life.

If your back hurts, lying in bed or taking a rest on the couch can prolong or even worsen your symptoms. Lower back pain (LBP) is the most commonly reported pain and is a significant cause of medical expenses, work absenteeism, and disability.

Low back pain affects as many as 80% of the adult population at some point in their lives. The lumbar disk is considered the most common cause of lower back pain. It is unclear what the exact mechanism of pain is, but changes to the disc are common and likely responsible for the symptoms we experience.

Low back pain impacts our ability to sleep, work, or exercise. Fortunately, several conservative treatment options for lower back pain include medications, bracing, and lumbar traction. At Kinect Physiotherapy, our therapists can help determine if lumbar traction is right for you.

For more information on how traction could benefit you, contact Kinect Physiotherapy today!

HOW PHYSIOTHERAPY HELPS BACK PAIN

Physiotherapy is the ideal treatment for patients experiencing low back pain. Unlike prescription pain medication, physiotherapy does not have unwanted side effects and addresses mobility and pain.

Physiotherapy is one of the most effective methods for pain relief. Therapies such as traction play a significant role in physiotherapy's ability to relieve a patient's pain.

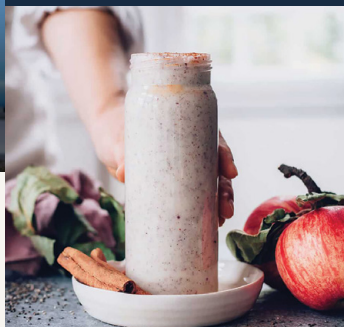
Continued inside.

INSIDE:

- How Physiotherapy Helps Back Pain
- First Day Hikes
- Patient Success

SEASONAL RECIPE

APPLE PIE CHIA SMOOTHIE



INGREDIENTS

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt
- Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

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Continued from outside.

When combined with other physiotherapy treatments, lumbar traction provides significantly more pain reduction and functional improvements in the short term.

Traction is a form of decompression therapy that relieves pressure on the nerves by separating the joint space. It is typically used to treat herniated discs, sciatica, degenerative disc disease, and pinched nerves. Different types of traction require the expertise of a physiotherapist to get the desired results.

WHAT ARE THE DIFFERENT TYPES OF TRACTION?

There are several different types of lumbar traction but the most common include:

- **Continuous Traction** — Continuous or bed traction uses low weights for extended periods (up to several hours at a time). This long duration requires that only small amounts of weight be used.
- **Sustained Traction** — This type of traction involves heavier weights applied for short periods and is sometimes referred to as static traction.
- **Intermittent Mechanical Traction** — Intermittent traction is similar to sustained traction in intensity and duration but applies and releases forces at preset intervals.
- **Manual Traction** — Manual traction is applied by the therapist's hands and/or a belt. It is typically used for a few seconds or can be a quick thrust.

The benefit of traction therapy is likely to separate the vertebrae and reduce the pressure in the disc and on the nerve roots. Different types of traction may have different results, and our skilled therapists can help decide the most appropriate kind of traction for you.

WHAT TO EXPECT AT YOUR PHYSIOTHERAPY SESSION

Our highly trained physiotherapists will design a personalized treatment plan for your specific needs. We will perform a thorough evaluation to determine the most effective strategy for your quick recovery.

We will use every form of treatment at our disposal to resolve your condition, including traction. We will assess your movement and identify the contributing factors that are causing your pain. This information will help guide our treatments.

With lumbar traction, a gentle force is used to gap the pelvis from the lower back gently. This traction relieves pressure on the spine and alleviates pain. Once your pain is diminished, we will start a more active approach that restores your mobility and function. As you continue to improve, we will strengthen your posture and body mechanics.

Our goal is to get you moving pain-free and back to doing what you love!

CALL TO MAKE AN APPOINTMENT

Physiotherapy is essential to identify the most effective ways to alleviate your back pain. Contact Kinect Physiotherapy today to see if traction is right for you!



*Schedule Your
Appointment Today!*

VISIT **KINECTPTNC.COM** FOR MORE INFO

FIRST DAY HIKES

Every January, state parks across the country encourage people to celebrate New Year's Day with a hike in their local park—and this year, Kinect Physiotherapy is joining in on the fun!

Hiking and exercising outdoors provides a wealth of physical and mental benefits. Even a thirty-minute walk on an easy trail will get your heart pumping, improve your balance, and build strength. But even just being outdoors has its benefits—studies show that spending time in forested or wild areas can promote relaxation and improved mental health.

A First Day Hike allows people of all abilities to experience these benefits for themselves. Here are some tips for making the most of your January 1st from our team of physiotherapists.

FOUR WAYS TO HAVE A GREAT FIRST DAY HIKE

- **Pick the perfect location.** You have several opportunities for hikes or outdoor walks. Choose one that appeals to you and is a good match for your physical abilities. Visit the park's website to learn more about the hikes they have available, or ask our therapists for guidance.
- **Dress for the weather.** January 1st can be unpredictable when it comes to temperatures and precipitation, so check the forecast and dress accordingly.
- **Bring your friends and family.** There's no reason for your hike to be a solo affair! Invite your friends along so you can cheer each other on, share cool nature finds, and snap selfies when you reach your destination.
- **Visit Kinect Physiotherapy for a pre-hike checkup.** Our physiotherapist can give you personalized tips to ensure you stay injury-free and have a great experience on your First Day Hike.

It's an old belief that what you do on New Year's Day sets the tone for the rest of the year. A First Day Hike on January 1st will help get you in the right mindset for an active, healthy 2024!

To learn more about how Kinect Physiotherapy can help you make the most of your hike—or any new physical endeavors—schedule an appointment today.

 **Kinect**
PHYSIOTHERAPY



STAFF SPOTLIGHT



Stephen Harris, PT
Co-owner of Kinect Physio

Stephen graduated from Elon University with a Bachelor's of Science in Exercise Sports Medicine and went on to receive his Masters 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 managing our location in Knightdale, NC.

Stephen is level 2 certified in the Dry Needling technique.

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

"I would refer family and friends to Kinect Physiotherapy without hesitation!"

Wake Forest Physiotherapy is great! The whole staff is very friendly yet professional. My therapist worked with me and understood my condition. He had a lot of tools and techniques under his belt. The open space is really inviting. You will be talking with other therapists and clients, you just feel so relaxed there. The front office staff is great. They got me in quickly and even had times in the evening so I didn't have to miss work. I hope I don't have the need for additional physiotherapy but if I do, I definitely will be going here.

-Trish G.

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!

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