

# NEWSLETTER

**FEBRUARY 2024**



# Kinect

PHYSIOTHERAPY



SCHEDULE  
YOUR  
APPOINTMENT

BACK PAIN SLOWING YOU DOWN?

**WE CAN HELP!**

INSIDE:

DON'T LET BACK  
PAIN SLOW YOU  
DOWN

REFER A  
FRIEND!

PATIENT  
SUCCESS

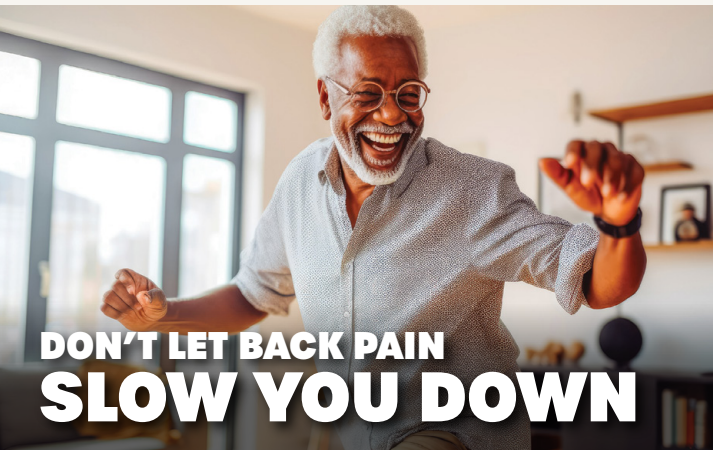
# NEWSLETTER

## FEBRUARY 2024



# Kinect

PHYSIOTHERAPY



## DON'T LET BACK PAIN SLOW YOU DOWN

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Kinect Physiotherapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do. Call our clinic today to set up your initial consultation!

### WHAT CAUSES BACK PAIN?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's

not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

### Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates — that is, bulges or ruptures — and irritates a nearby nerve, it can lead to intense pain, feeling "stuck" in a stooped over position, and other symptoms.

(continued inside)

## INSIDE:

- It's Heart Health Month
- Patient Success
- Staff Spotlight
- Come Back To Physio

## Spinach & Artichoke Frittata

### INGREDIENTS:

- 10 large eggs
- 1/2 c full-fat sour cream
- 1 tbsp Dijon mustard
- 1 tsp kosher salt
- 1/4 tsp ground black pepper
- 1 cup grated Parmesan cheese
- 2 tbsp olive oil
- 14 oz marinated artichoke hearts
- 5 oz baby spinach
- 2 cloves garlic, minced

### DIRECTIONS:

Arrange a rack in the middle of the oven and heat to 400°F. Place the eggs, sour cream, mustard, salt, pepper and 1/2 cup of the Parmesan in a large bowl and whisk to combine; set aside. Heat the oil in an 10-in cast iron or oven-safe nonstick skillet over medium heat until shimmering. Add the artichokes in a single layer and cook, stirring occasionally, until lightly browned, 6 to 8 minutes. Add the spinach and garlic, and toss until the spinach is wilted and almost all of the liquid is evaporated, about 2 min. Spread everything into an even layer. Pour the egg mixture over the vegetables. Sprinkle with the remaining 1/2 cup Parmesan. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook undisturbed until the eggs at the edges of the pan begin to set, 2 to 3 min. Bake until the eggs are completely set, 12 to 15 min. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes. Cool in the pan for 5 min, then slice into wedges and serve.

**WAKE FOREST (919) 568-5035 • KNIGHTDALE (919) 759-6532**

Continued from outside.

- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).



## WHY PHYSICAL THERAPY AT KINECT PHYSIOTHERAPY IS YOUR BACK PAIN SOLUTION

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain — defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying cause of your pain rather than simply masking the symptoms.

### How will we do this? Through a blend of the following techniques:

- Manual therapy helps manage pain, promote blood circulation, and gently improve mobility.
- A personalized therapeutic exercise plan improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- Specialized training, such as balance or gait training, improves areas of weakness that might contribute to your pain.
- Prevention strategies help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or yoga practice.

## GET MOVING AGAIN WITH PHYSICAL THERAPY!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Kinect Physiotherapy team is here to help you break that cycle and find relief from back pain for good. Call us today to schedule an appointment!

Sources: <https://www.choosept.com/guide/physical-therapy-guide-low-back-pain> • <https://pubmed.ncbi.nlm.nih.gov/3269487/> • <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full>

# IT'S HEART HEALTH MONTH

When's the last time you thought about your heart health? February is heart health month, so there's no better time to give one of your most essential organs the attention it deserves.

According to the National Library of Medicine, an estimated 16.3 million Americans aged 20 and older have coronary heart disease (CHD). The symptoms of CHD include heart attacks and chest pain. In the United States, 7.9 million individuals have suffered from heart attacks, and 9 million have experienced chest pain.

These statistics can be alarming, but rest assured that there are several ways you can help improve your heart health! The therapists at Kinect Physiotherapy have put together a list of manageable lifestyle changes you can make as soon as today to ensure good heart health for years to come.

## 1. EXERCISE REGULARLY

Regular physical activity can help you gain muscle strength and endurance. Exercise helps your cardiovascular system work more efficiently by delivering oxygen and nutrients to your tissues. If you are not currently exercising regularly, start by taking a ten-minute walk around your neighborhood each day. From there, increase the amount of time you walk each day and quicken your pace. You will eventually be able to work up to a more strenuous activity, like running or biking.

## 2. EAT LOTS OF FRUITS AND VEGETABLES

According to a study published in the International Journal of Epidemiology, eating ten servings of fruits and vegetables a day can lower your risk of cardiovascular disease by 28% and premature death by 31%. Ten servings may sound like a lot, but remember that there are many ways to up your fruits and veggies intake. You could add fruit to your water, add vegetables to your fruit smoothie, and snack on carrots and hummus during the day instead of chips.

## 3. MANAGE YOUR STRESS

Did you know that there are over 1,400 biochemical responses to stress? Some of these include a rise in blood pressure and a faster heart rate. For these reasons, stress can have long-term adverse effects on your health. Try to take the time out of your day to practice mindfulness and check in with your body. Deep breathing activities and meditation can do wonders for anxiety. Practicing yoga may also help you decrease your stress levels.



VISIT **KINECTPTNC.COM** FOR MORE INFO

## STAFF SPOTLIGHT



### LESLIE MCPETERS, PTA

Leslie graduated from Caldwell Community College and Technical Institute with an A.A.S. Physical Therapist Assistant degree. She has been practicing physical therapy since 2000. She has experience in orthopedics, chronic pain, CVAs, post-operative rehab, balance and proprioception, manual therapies, and sports injuries. Leslie is a trained provider of the Graston 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

*“Great experience working with Jasen and very friendly front desk experience.”*

Great experience working with Jasen and very friendly front desk experience. Jasen provided me with proper exercises and treatment to eliminate my pain and avoid a recommended procedure.

- DOREEN H.



## 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

