

The background of the entire page is a photograph of a person with blonde hair, seen from behind, wearing a large blue and grey hiking backpack. They are standing on a rocky, uneven trail, looking out over a vast landscape of rolling hills and mountains. The sun is low on the horizon, creating a warm, golden glow and lens flare effects across the scene.

# ***GET BACK INTO ACTION***

**PHYSICALTHERAPYARVADA.COM**

## **INSIDE:**

- Is Your Back Pain Slowing You Down?
- Patient Success Spotlight
- Exercise Essentials
- Do What is Good For You Heart

OCTOBER 2020

# NEWSLETTER



Fall  
Recipe

Turkey Pumpkin Chili

"After seeing David  
for a short period of  
time I started to see  
improvements."

Success  
Story

Pro-Tips

Do What is Good  
for the Heart!

## NO PRESCRIPTION NEEDED!

*Direct access is a law that  
allows patients to go directly  
to a Physical Therapist without  
the need for a doctor's referral  
or prescription.*



# IS BACK PAIN SLOWING YOU DOWN?

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SCAN ME

# IS BACK PAIN SLOWING YOU DOWN?

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine, and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. 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. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

## **What Causes Back Pain?**

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine, and thigh muscle flexibility
- Bad abdominal, pelvic, and back muscle coordination

## **Back Pain Solutions**

You're in luck! Back pain can be reduced, managed, and in some cases eliminated.

According to the Journal of Orthopedic & Sports Physical Therapy effective interventions include: manual therapy, trunk coordination, strengthening and endurance exercises, and progressive endurance exercises and fitness activities.

Before you can treat your back pain, however, you need to know the cause of your back pain. A skilled Physical Therapist will be able to help diagnose the problem and create a plan to help you get out of pain and get back to your life.

## **Lift Properly**

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

## **Use Good Posture**

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders, and neck aligned. If you're sitting, don't slouch.

## **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 your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a Physical Therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

**REFER A  
FRIEND!**

**Do You Know  
Someone  
Who Needs  
Our Help?**

**Call to Schedule Your  
Appointment Today**

**(720) 222-9669**



## Pro-Tips

### "Do What is Good For Your Heart"

1. Aim for lucky number seven. Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
2. Keep the pressure off. Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
3. Move more. To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
4. Slash saturated fats. To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
5. Find out if you have diabetes. Millions of people don't know that they have this condition. That's risky because, over time, high blood sugar damages arteries and makes heart disease more likely.
6. Think beyond the scale. Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
7. Ditch the cigarettes, real and electronic. Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes
8. Clean up. Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

## EXERCISE ESSENTIAL

### SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest.

Helps With Low Back Pain



## SUCCESS STORY

"I have had 5 back surgeries. I went to numerous Physical Therapist, Chiropractors and even tried Acupuncture. All to no avail. A new doctor referred me to David and I was very reluctant. After seeing David for a short period of time I started to see improvements. I couldn't believe it after all these years! I recommend him to anyone I talk to that has any type of issues. He truly is the best!!!!!!" -Jennifer Williams

## FALL RECIPE



### Turkey Pumpkin Chili

#### Ingredients:

- 2 cup chicken broth
- 1 can pumpkin purée
- 1 1/2 tsp ground cumin
- 3/4 tsp chili powder
- 1/2 tsp cinnamon
- 1 tsp cayenne pepper
- 1 lb ground turkey
- 1 large onion
- 2 cloves garlic
- 2 cans green chiles
- 2 cans white beans
- sour cream
- shredded cheese (try sharp cheddar for an extra bite)
- sliced radishes
- fresh cilantro leaves

#### Directions:

In a 5-to-6 quart slow cooker, whisk together chicken broth, pumpkin purée, ground cumin, chili powder, cinnamon, and cayenne pepper. Add ground turkey, separated, and mix to combine. Fold in the onion, garlic cloves, green chiles, and white beans, and cook, covered, until the turkey is cooked through, 4 to 5 hours on high or 6 to 7 hours on low. Serve with sour cream, shredded cheese, radishes, and cilantro, if desired.

Courtesy of: [goodhousekeeping.com/food-recipes/a14898/slow-cooker-turkey-pumpkin-chili-recipe-wdy0115](http://goodhousekeeping.com/food-recipes/a14898/slow-cooker-turkey-pumpkin-chili-recipe-wdy0115)