



DID YOU KNOW YOUR LOWER BACK PAIN AND NECK PAIN MAY BE CONNECTED?

**DISCOVER HOW
PT CAN HELP**

**CHECK OUT OUR FREE
VIRTUAL WORKSHOPS**

ALSO INSIDE:

• FREE Runner's Clinic • Patient Success Spotlight • Give Us a Shoutout!



HOW LOWER BACK PAIN AND NECK PAIN ARE CONNECTED

Do you notice the more your lower back hurts, the tighter your neck feels?
Have you ever had a sharp pain in your lower back when turning your neck?

If so, you have likely experienced how all the joints in your spine are connected. At TherapyWorks, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physical therapists at TherapyWorks, you can find solutions to your pain and learn how to help prevent future episodes!

HOW PAIN IN THE SPINE IS CONNECTED TO YOUR NECK

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.

Continued inside.

HOW LOWER BACK PAIN AND NECK PAIN ARE CONNECTED

Continued from previous page.

HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At TherapyWorks, our physical therapist's end goal is the same as yours — to get you feeling better!



WHAT TO EXPECT IN PHYSICAL THERAPY

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

Limit Sitting For Too Long

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical 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 one position for extended periods, but when you need to sit or stand for long periods, find a “good” posture.



For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned. Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

CALL OUR CLINIC TODAY

Visit a physical therapist at TherapyWorks for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

If you are experiencing lower back pain or neck pain, give us a call today!

**Are You in Pain?
Have You Suffered an Injury?
Come Back to PT!**

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.



Call us at
(785) 367-3395
to schedule your
appointment today!

Sources: https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC499988/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3889945/>, <https://benmusculoskeletaldisord.biomedcentral.com/article/10.1186/s12891-020-03871-5>

FREE Runner's Clinic



Join Us For
Our Free
**RUNNER'S
CLINIC**

February 18th
from 8-10 AM

This event is free
to attend and will
include a **STRIDE
ANALYSIS** with one
of our therapists!

Call (785) 367-3395 for more details.

Patient Success Spotlight



"Mike, James, and Britani-all were fabulous to work with. They all have awesome personalities and care about the person they work with." - Tareena

JANUARY VIRTUAL WORKSHOPS

BACK PAIN & SCIATICA

With Cindy Johnson, M.S., MCMT
February 8th at 6:30 pm



SHOULDER PAIN & ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
February 22nd at 6:30 pm



FACEBOOK LIVE INTERVIEW EVENTS

February 1st at 4:30 pm
Topic: Improving your Gait
with Mark Hurley, PTA

February 15th at 4:30 pm
Topic: Vertigo FAQ with
James Quinn, DPT

Checkout our Facebook page for
more details [www.facebook.com/
TherapyWorksKS/](https://www.facebook.com/TherapyWorksKS/)




TherapyWorks
Vibrant Health ~ Caring Professionals

GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Share Your
Success Story

