

GIFT YOURSELF WITH BACK PAIN RELIEF FOR THE HOLIDAYS

INSIDE:

- Back Pain Solutions
- Exercises To Do At Home
- Patient Success Spotlight
- Staff Spotlight

GIFT YOURSELF WITH BACK PAIN RELIEF FOR THE HOLIDAYS



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

FREE**PT CONSULTATION****BIG****DEAL**

Contact us today to
schedule your **FREE**
PT Consultation!



Offer expires 12/30/20

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

BACK PAIN SOLUTIONS

The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular. Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

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.

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.**

Sources: <http://www.apta.org/>
<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

CONTACT US AT (956) 994-8880!

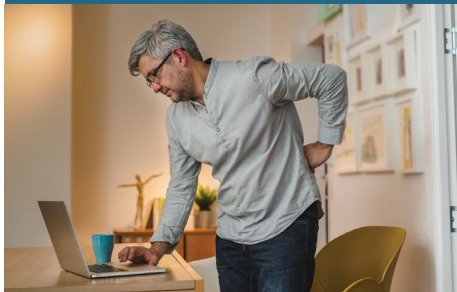


ENSURING YOUR SAFETY

We will be following COVID safe rules, as recommended by the Centers for Disease Control.

- Taking temperature of everyone coming in
- We will only be allowing 10 patients in our clinic at a time.
- Following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times.
- We will be taking health protocols very seriously and will be doing our very best to ensure the highest levels of cleanliness and caution at all times.

HUMOR CORNER



*You know you are getting older
when your back goes out more
than you do.*

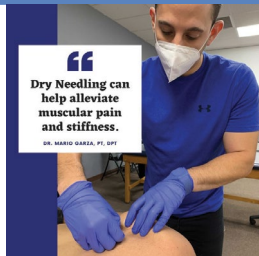
STAFF SPOTLIGHT

Dr. Mario Garza, PT, DPT.

Choosing just ONE Core Value that Dr. Mario demonstrates is impossible. He is the perfect example of what Pure PT stands for! Mario has been with us since January of this year and has not only made a great addition to the team but he has made the clinic a place patients don't want to leave and one where they can't wait to come back.

“
Dry Needling can
help alleviate
muscular pain
and stiffness.”

DR. MARIO GARZA, PT, DPT



With his expertise in dry needling and cupping, Dr. Mario brings a lot of new services to the team.

When Mario is not treating he is exercising, cooking and taking trips with his beautiful wife and 2 dogs.

PATIENT SUCCESS SPOTLIGHT

“After 3 1/2 years of low back pain as a result of stepping into a window, I am pain-free. Thank you so much for coming to Fiesta Village and giving your demo. Glad I found you!” - **Marcia V.**



HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021. **Call us today at (956) 994-8880 to schedule an appointment with one of our physical therapists.** We'll guide you to affordable treatments that will place you one step closer to pain relief.

Exercise To Do At Home

Stretches Back

SUPPORTED BRIDGE

Lie on your back with knees bent and feet hip distance apart. Place your feet close enough so they can be touched by your finger tips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.

SimpleSet Pro
www.simpleset.net



• SEASONAL RECIPE •

NO-BAKE CHOCOLATE PEPPERMINT BALLS

INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

DIRECTIONS

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

<https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>

