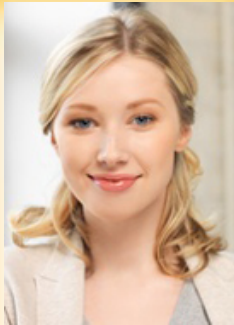


EMPLOYEE Spotlight



Marsha Geller PT, DPT

Marsha is the newest addition to our team. We welcome her aboard!

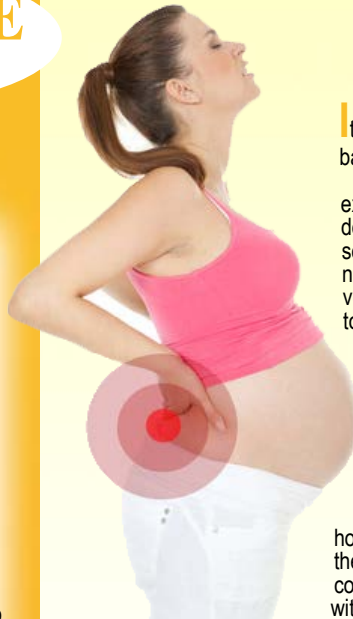
TESTIMONIALS

Please insert your own patient testimonials here. Try and be as detailed as possible your patient testimonial. You don't have to restrict yourself to a testimonial only. You can also use other content instead of testimonials. The following is an example of a testimonial:

I have worked with Jane for over a year now and am amazed with her skills as a therapist!

Thanks! James M.

Tip: Did you know the content in each Therapy Newsletter can be repurposed by you in any manner? Contact a local editor and use this content in a local newspaper column to gain visibility and recognition in your community.



Pregnancy and Lower Back Pain

It is often said that pregnancy and lower back pain go hand in hand. Many expecting mothers experience lower back pain to a certain degree. It typically starts during the second half of pregnancy and is usually not a cause of concern, but it CAN be very painful and annoying. Things leading to back pain include:

- **Weight gain.**
- **Changes in posture or your center of gravity** – as the baby grows, the center of gravity of the body shifts. This can impinge on nerves that trigger lower back pain.
- **Hormonal fluctuations** – some hormones cause significant stretching of the joints and ligaments. This flexibility comes at a cost, and can be associated with a decrease in strength. As a result, simple activities like walking, standing,

sitting for a long time, getting out of bed, or bending over to lift something can feel painful and uncomfortable.

Did you know that carrying twins (or more) increases your chance of having low back pain during pregnancy?

All of these factors can result in pain that ranges from slight discomfort to severe, disabling pain. The good news is that the pain gradually eases in most women as the due date approaches, but this does not mean that you have to tolerate the pain until your baby arrives.

There are many ways to relieve back pain. It is crucial to choose the right method since some treatments are more effective and appropriate than others. As your physical therapists, we can help you find the right exercises to reduce stress on your back and decrease your pain.



A Pain Free Pregnancy

To help you deal with lower back pain during pregnancy, we evaluate the cause(s) of your pain. There are combinations of different factors which vary greatly from one woman to another. Therefore, the key to a successful treatment plan for lower back pain during pregnancy depends on the identification of the cause of pain and

the choice of the most appropriate treatment method for that situation.

As an expecting mother, it can be very difficult for you to determine why you have back pain, much less decide which treatment will work best for you.

The best thing you can do to deal with that dull, persisting ache in

your lower back is to have your back evaluated by a one of our skilled therapists.

We will help you find the treatment options that will work best for you and more importantly, are safe for your baby too!

Physical therapy Helps Relieve Lower Back Pain During

If your back hurts during pregnancy, you may want to do nothing but rest. Be advised that prolonged bed rest is generally counterproductive in the long run.

Check with your doctor before beginning any exercise program, especially if you are pregnant. Then, consider physical therapy for:

- Strengthening exercises to help support the back and legs.
- Stretching exercises to help the back and leg muscles become

more flexible to prepare your body for the baby's arrival.

- Swimming exercises to relieve tension in muscles since the buoyancy of the water supports the joints.
- Walking to improve blood circulation.
- Hot pack (or cold pack if you prefer) for 10-15 minutes to provide some temporary pain relief. Therapeutic massage (as advised by your physical therapist) can help ease muscle tension and relieve

Since lower back pain during pregnancy is not always caused by the same factors, its treatment requires an individual approach to determine the best possible treatment. This treatment should be safe for the mommy-to-be and her baby.

That's why it is important not to take any chances with unproven methods which can be either ineffective or unsafe, or both

Call us today for more information about safe and effective lower back pain treatment during pregnancy. We will give you all the necessary information about different options and help you choose the most effective treatment for you. **You don't need to put up with lower back pain any longer, so schedule an appointment with us right away.**



3 Common Kinds of Lower Back Pain

There are three common kinds of lower back pain that strike during pregnancy: pain when you stand and/or sit, pain at the back of your pelvis and deep in your buttocks, and pain that appears only at night, when you are in bed. Back pain during pregnancy is usually the result of postural, weight, and hormonal changes. As your weight

increases during your pregnancy, your center of gravity shifts forward and you naturally change your posture to compensate. Your abdominal muscles also stretch to give your baby room to grow, which means they can no longer stabilize your pelvis, leaving your spine and back muscles to do the job!

Know When To Consult Your Health Care Provider

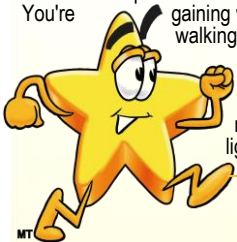
However common, back pain during pregnancy isn't something to ignore. Consult your health care provider if your back pain doesn't respond to the self-care strategies described above. Medication such as acetaminophen (Tylenol, others) isn't necessarily out of the question, but it's important to check with your health care provider first. He or she may want to confirm that your back pain isn't caused by an underlying condition.

Some research suggests that acupuncture can help relieve back pain during pregnancy. Chiropractic treatment seems to provide comfort for some women as well. Also, keep in mind that a low, dull backache might be a sign of preterm labor — and severe back pain or back pain that's accompanied by vaginal bleeding or discharge could indicate an underlying problem that needs prompt attention. If you're concerned about back pain during pregnancy, contact your health care provider right away.

Back Pain During Pregnancy: 7 Tips For Relief

Back pain during pregnancy isn't surprising, but it still deserves attention. Consider seven ways to relieve back pain during pregnancy — from good posture and physical activity to complementary therapies.

Back pain during pregnancy is a common complaint — and it's no wonder. You're gaining weight, you're walking in a new way, and your hormones are relaxing the muscles and ligaments



throughout your body. But you don't have to grin and bear it. Often, you can treat — or prevent — back pain during pregnancy. Consider seven ways to give pregnancy back pain the boot.

No. 1: Practice good posture

When you stand, use a comfortably wide stance for the best support.

No. 2: Get the right gear

Wear low-heeled shoes with good arch support.

No. 3: Lift properly

When lifting a small object, squat down and lift with your legs.

No. 4: Sleep on your side

Sleep on your side, not your back.

No. 5: Try heat, cold or massage

Use a heating pad to apply heat to your back, or alternate ice packs with heat.

No. 6: Include physical activity in your daily routine

With your health care provider's OK, try gentle activities — such as walking or swimming.

No. 7: Consider complementary therapies

If you're considering a complementary therapy, discuss the options with your health care provider first.

Pregnancy Back Pain

Back Pain: How Common Is It?

Back pain in pregnancy is very common but should not be avoided. It is estimated that between 50% and 80% of women experience some form of back pain during pregnancy. Such pain can range from mild pain associated with specific activities to acute back pain that can become chronic back pain. Studies show that **lower back pain in pregnancy** usually occurs between the fifth and seventh month of being pregnant. In some cases, pregnancy pain in the lower back can begin as early as 8 to 12 weeks after becoming pregnant. Women with pre-existing lower back problems are at higher risk for back pain, and their back pain can occur earlier in the pregnancy.

Types of Pregnancy Back Pain

There are two common types of back pain in pregnancy:

- Lumbar or lower back pain
- Posterior pelvic pain

Lower back Pain

Lumbar pain during pregnancy is generally located at and above the waist in the center of the back. This lower back pain in pregnancy may or may not be concurrent with pain that radiates into your leg or foot. In general, lumbar pain during pregnancy is similar to lower back pain experienced by non-pregnant women. This type of pain typically increases with prolonged postures (such as sitting, standing, or repetitive lifting), and tenderness may also be present in the muscles along the spine during pregnancy.

Pelvic Pain

Posterior pelvic pain (in the back of the pelvis) is four times more prevalent than lumbar pain in pregnancy. It is a deep pain felt below and to the side at the waistline, and/or below the waistline on either side across the tailbone (**sacrum**). Such pregnancy pelvic pain may be experienced on one or both sides.

9 Useful Tips To Ease Lower Back Pain

Maintain good posture. Do not force your body into a straight line and do not let yourself stand sway-backed. Keep your ears in line with your shoulders.

- Wear sensible, low-heeled shoes with arch-support.

- Avoid lifting heavy objects. When you are lifting something, bend at the knees and lift with your legs, not your back.

- Try wearing a supportive maternity belt. Avoid standing for extended periods of time; but when you do need to stand or sit for a long stretch, do so with one foot on a low stool, switching feet every once in a while.

- Try sleeping on your side, with a pillow between your knees. A special pregnancy body pillow will also help support your back and your uterus.

- Make sure your workspace is ergonomically correct. Invest in an ergonomic chair if necessary.

- Immerse yourself in warm (but not hot) water. The warmth and buoyancy of the water takes the pressure off your back and helps relax your muscles.

-Talk to your doctor about exercises for your lower back to increase your strength

and flexibility. Gentle stretching can help relieve the pain temporarily as well.

If your pain does not get better, gets markedly worse, or is accompanied by a fever, chills, or aches, and extends up the right side of your back, it could be a kidney infection and you should see your doctor.

CONTACT INFORMATION

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

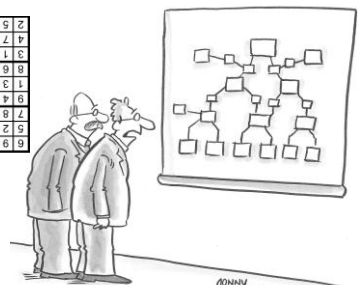
Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Number Magic Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | 8 | | | 5 | | |
| | | | | 9 | | 8 | | 4 |
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| | 6 | | | | | | | 9 |
| | 1 | | 5 | | 2 | 9 | | |
| 4 | | 6 | | 8 | | | | |
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| 7 | 8 | 1 | 5 | 4 | 6 | 9 | 6 | 2 | 5 |
| 6 | 2 | 5 | 1 | 8 | 6 | 6 | 7 | 4 | 3 |
| 9 | 7 | 6 | 2 | 7 | 5 | 5 | 3 | 1 | 8 |
| 8 | 1 | 6 | 2 | 4 | 2 | 6 | 9 | 8 | 9 |
| 3 | 2 | 8 | 6 | 2 | 7 | 9 | 3 | 1 | 1 |
| 9 | 5 | 2 | 9 | 1 | 7 | 7 | 6 | | |
| 1 | 8 | 9 | 9 | 2 | 7 | 8 | 7 | | |
| 4 | 9 | 9 | 4 | 6 | 8 | 1 | 2 | 5 | |
| 2 | 5 | 7 | 7 | 1 | 8 | 8 | 6 | 9 | |



"It's probably not a good sign to be listed in the organization chart underneath the office plants."