



HOW LOWER BACK PAIN & NECK PAIN ARE CONNECTED

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever experienced a sharp pain in your lower back when turning your neck? It sounds odd, but it makes sense when you consider how all the joints in your spine are connected.

Your spine is a complex series of interconnected joints requiring proper posture, flexibility, coordination, and strength to do its job correctly. When one of these elements is altered, you can experience pain elsewhere, including your neck. Up to 80% of adults 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 the physical therapists at Hands-On Physical Therapy, 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 anytime. 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. The pain in your back or neck often 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, require 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.

How We Can Help Pinpoint Your Pain

Our physical therapists are trained to evaluate muscle and joint movement, and we can quickly assist you in finding the root of your problem with a comprehensive assessment. We'll take a health history and ask you to complete several simple movement screens to have a complete picture of your situation.

We also have several in-house diagnostic tools that allow us to dig even deeper into identifying your pain. Our MSKUS ultrasound machine provides real-time imaging that lets us see your musculoskeletal structure at rest and in use—giving us the information we need to identify pain sources.

We also offer EMG/NCV testing, which helps measure the health of your muscle tissue and nerve, allowing us to rule out or confirm potential conditions.

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



AT-HOME STRATEGIES FOR IMPROVING SPINE HEALTH

As part of your treatment, our therapists will teach you strategies to avoid future problems by focusing on strategies for spine health. Two at-home strategies you can try now include:

- **Limit Sitting:** Prolonged sitting has a significant impact on your health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up and move around every 30-45 minutes.
- **Use Good Posture:** Your spine is designed to move, so your posture should also move (that's one reason to limit sitting). But when you need to sit or stand for long periods, find a "good" posture: Imagine your breast

bone is lifted towards the sky, causing your spine to straighten out and lift you up while keeping your hips, spine, shoulders, and neck aligned.

Call Our Clinic Today

Visit a physical therapist at Hands-On Physical Therapy for a comprehensive assessment, including several diagnostic options, and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back or neck pain, call us today!

Source: 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/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>

THE NEUBIE: CUTTING-EDGE TECHNOLOGY MEETS PHYSICAL THERAPY

From manual therapy to low-powered lasers, the team at Hands-On Physical Therapy offers several treatment techniques to help you feel your best. One piece of technology we've been especially excited about lately is the Neufit Neubie.

The Neubie is a cutting-edge electronic stimulation device that uses low-level electrical currents to re-educate your body's neuromuscular system. If you've used a TENS (transcutaneous electrical nerve stimulation) device before, the Neubie works similarly but is more potent and flexible.

Essentially, the Neubie uses electrical stimulation to activate the body's nervous system and promote your body's natural healing abilities. Want to see if the Neubie might benefit you? Call us to schedule an appointment today!

What All Can the Neubie Do?

The Neubie is a flexible device suitable for a variety of different needs:

- If you're struggling with pain, the Neubie can help reduce your symptoms, including painful muscle spasms.
- If you're recovering from an injury, the Neubie can help improve your range of motion, prevent muscle atrophy, and facilitate blood circulation—which helps with healing.
- If you recently underwent surgery, the Neubie can help prevent post-surgical blood clots, manage pain, and maximize your rehabilitation.
- If you have a neurological condition, the Neubie helps "train" your nerves to enhance their function, thereby reducing symptoms like loss of movement or nerve pain.

Sources: <https://www.neu.fit/the-neubie>

Call today for a **FREE CONSULT** to see if our Neubie can help relieve your symptoms: **888-261-0164**

CALL A CLINIC NEAREST TO YOU

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HOLIDAY RECIPE

ROASTED BRUSSELS SPROUTS WITH POMEGRANATE



Ingredients:

- 1 1/4 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

Directions

Preheat the oven to 375 degrees F. Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.

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