



TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At ReQuest Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love! The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential. At ReQuest Physical Therapy, our therapists can help you resolve your pain and get your spine healthy again! Call today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

The importance of good spine health

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health. To make sure your spine is at its optimum health,

you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

How physical therapy can improve the health of your spine

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help. Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Visit Us Online requestphysicaltherapy.com or

Call **Gainesville: (352) 747-9992** or **Tioga: (352) 670-3461**

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS



Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health. We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. Our supervised programs will likely include:

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Healthy lifestyle choices are also crucial for a healthy spine. The following are all examples of healthy changes and habits you can do in your life to improve your spine health:

- Proper nutrition
- Proper sleep

- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

Call today for an appointment

If you have been living with back pain, or you'd like to avoid potential back pain, contact ReQuest Physical Therapy today. Don't live with the limits of back pain – improve your spine health with us.



WHY REQUEST?

“From the moment you enter the building you are treated like a beloved client. They are so helpful and they listen. I feel they really like their job and are very professional. I love this place!”

– S.W.

Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlightAbstract=back%7Cexercise%7Cpain%7Cexercis>
<https://bjsm.bmj.com/content/55/9/468>
<https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896>

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FREE BACK PAIN SCREENING

ReQuest
PHYSICAL THERAPY

CALL GAINESVILLE: (352) 747-9992 OR
TIOGA: (352) 670-3461 TO SCHEDULE!

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.
Expires 05-23-23



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEW US
GAINESVILLE

★ REVIEW US
TIOGA

requestphysicaltherapy.com



EXERCISE ESSENTIALS

STANDING LUMBAR SELF TRACTION

Try this movement to strengthen your back.

Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.



PT WIRED
www.ptwired.com

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

TACO SALAD

MAKES: 2-4 SALADS | PREP TIME: 30 MIN | TOTAL TIME: 45 MIN

Ingredients

- 1 C black beans
- 1 lb ground turkey breast (optional)
- Low sodium taco seasoning
- 1/3 C water
- 2 C tomato, chopped
- 1 C purple onion, thinly chopped
- 1 medium lime, quartered



- 1 medium bunch cilantro, minced
- 1 medium avocado, chopped
- Fresh chard/spinach leaves, chopped (~2 cups needed per salad)

Directions

Brown ground meat in a skillet. Rinse cooked meat in colander and return to skillet. Bring cooked meat, water, and seasoning to light boil. Allow mixture to simmer uncovered 10 minutes, stirring occasionally. Place each in separate bowl: beans, lime wedges, and chopped spinach, tomato, onion, cilantro, and avocado. Construct salads: bed of greens, 1/4 C cilantro, 1/2 C cooked and seasoned meat, 1/2 C tomatoes, 1/2 C black beans, 1/4 C avocado, onion to taste, jalapeno to taste, squeeze juice and pulp of 1 lime quarter over top. Enjoy!

PHYSICIANS' CHOICE FOR WEIGHT LOSS® & IN THE KITCHEN WITH GARRETH
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MAY

CLINIC NEWS

WALKING SUPPORT GROUP

Walk and chat with your therapist! This group is for women in any stage of cancer treatment, recovery, or survivorship. Build community, get some fresh air, and ask any questions you may have.

Meet in the lobby of ReQuest (Main Center)

- 2nd Tuesday of each month at 10am
- 4th Tuesday of each month at 4:30pm

No registration needed. Call [\(352\) 747-9992](tel:352-747-9992) for more info.

GIVE THE GIFT OF RELAXATION!

Massage is the perfect gift for Mother's Day! **Gift certificates are available for purchase at both locations.**

PINKFEST

ReQuest Physical Therapy will be a vendor for the upcoming PinkFest! This event will take place **June 3rd from 11am-3pm** at 4949 Celebration Pointe Ave., Gainesville, FL. For tickets [register here](#).

THERAPIST SPOTLIGHT



Jeff Gilliam, PT, PHD, OCS

Jeff, a practicing PT for over 33 years, is the clinical manager of ReQuest Physical Therapy. He is an Orthopedic Certified Specialist and has lectured nationally on rehabilitation approaches to low back pain. Jeff founded and directs Physicians' Choice for Weight Loss®, a successful lifestyle/weight loss program. In his free time, Jeff enjoys being with his family and off-road biking.

REFER A FRIEND

Do you have any friends or family unable to do the following?

- Move without pain
- Bend and move freely
- Balance confidently and securely

If you know someone suffering from aches and pains, refer them to ReQuest Physical Therapy today. Share this newsletter or have them call Gainesville: [\(352\) 747-9992](tel:352-747-9992) or Tioga: [\(352\) 670-3461](tel:352-670-3461)

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