

# BID FAREWELL TO BACK PAIN



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MAY 2024

# BID FAREWELL TO BACK PAIN

Here's a fact about back pain that may bring you some comfort: it's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, rising from sitting, or bending over difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Kleinpeter Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the cause or causes of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

*Call our clinic today to set up your initial consultation!*

## WHAT CAUSES BACK PAIN?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease or specific structural problem, but caused by mechanical issues. Mechanical issues are difficult to pinpoint and may include multiple tissues in and around the spinal joints.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations or weakness you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae.

Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.

- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates — that is protrudes out — and irritates a nearby nerve, it can lead to intense pain, feeling "stuck" in a stooped over position, and often pain down the leg known as sciatica.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).



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# FIND FREEDOM FROM BACK PAIN

Continued from outside

## WHY PHYSICAL THERAPY AT KLEINPETER PHYSICAL THERAPY IS YOUR BACK PAIN SOLUTION

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain — defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying issues causing your pain rather than simply masking the symptoms.

How will we do this? Through a blend of the following techniques:

- **Manual therapy** helps manage pain, promote blood circulation, and improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.



• **Specialized training**, such as proper techniques and activities that simulate functional movements you'll need to perform (i.e., squats, lunges, lifting, etc.).

• **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or regular strength and mobility practice.

## GET MOVING AGAIN WITH PHYSICAL THERAPY!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Kleinpeter Physical Therapy team is here to help you break that cycle and find relief from back pain for good.

**Call us today to schedule an appointment!**



# 3 BENEFITS OF SPRING CLEANING

Spring is a time of renewal and new beginnings, so it's the perfect time to get rid of old clutter and make your home feel fresh and new! Have you been procrastinating spring cleaning this season? Spring cleaning can sometimes feel like a hassle, but we promise it's worth it.

Not convinced yet? Here are three reasons to dive into spring cleaning:

## 1. A clean home benefits your immune system.

Mold, dust, and pet dander can build up in your home during the winter months when there is less air circulation. A thorough spring cleaning helps to air out your home, preventing respiratory problems.

## 2. It is a simple way to become more active.

Cleaning can be a real workout! Spring cleaning can help you get active by sweeping the floors, scrubbing tile, and moving furniture. Exercise has many advantages, including stress reduction and improved heart health.

## 3. It helps with concentration and mood.

Studies have shown that people who clean their homes are more productive, have better moods, and are more likely to be happy. The cleanliness of the house also has a significant impact on mental health.

This is especially important now that so many of us work from home!

Spring cleaning is a great way to improve your mental and physical health—so what are you waiting for? Get started today!



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# Healthy Recipe

## Spring Veggie Tart

### INGREDIENTS:

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved lengthwise
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthwise with a mandoline
- 1 1/2 c goat cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve



**DIRECTIONS:** Preheat oven to 400°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 1" to create a large single sheet. Fold and pinch all four sides to make a 1" border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with paper towel. Scatter vegetables over tart and crumble goat cheese on top. Drizzle with oil and vinegar glaze. Sprinkle with mixed herbs.

<https://www.delicious.com.au/recipes/spring-vegetable-tart/Td9n0XCA>

yummy



Kleinpeter is the very best place to go for your P.T. Rehab! Karl has the most professional, knowledgeable and helpful therapists and staff that I have experienced in B.R. and Zachary, Louisiana.

-Christopher W.



**COME  
BACK  
TO PT!**

**HAS YOUR PAIN  
RETURNED?**

*Call today to schedule  
an appointment!*

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### Spring Is Here

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