



MOVEMENT FOR LIFE® NEWSLETTER

NEW THOUGHTS ABOUT YOUR OLD BACK

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Low back pain is usually the most common condition treated by physical therapists. For many patients, recurring episodes of low back pain can be extremely frustrating. Low back pain is so common in the United States, that eighty percent of our population will suffer a significant episode of back pain at some point in their lives. Additionally, it's estimated that the total national cost of low back problems (*including medical and rehabilitation costs*) is in the neighborhood of \$18 billion per year.

HISTORICAL TREATMENT OF LOW BACK PAIN

Management of low back pain in the past, has centered around a variety of treatments including but not limited to the following:

- Heat, ice, massage, electrical stimulation and ultrasound
- Manipulation and mobilization
- Strict bed rest
- Little or no bed rest
- Traction/decompression
- Exercises that flex the spine
- Exercises that extend the spine
- Exercises that stabilize the spine

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WHY YOU ARE NOT SUCCEEDING

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What's the most important reason you exercise? Is it to get stronger? Maybe you want to lose some body fat? Or is it simply to look and feel great?

Regardless of what your goals are, the worst thing is when you don't see any progress. The top reasons people completely stop exercising is because they either aren't getting results or they aren't getting results quickly enough!

YOU HAVEN'T CLEARLY DEFINED "PROGRESS"

The biggest mistake is going to the gym simply to workout. No specific plan, just workout. You know these people. They simply go through the motions of working out day after day, week after week, year after year. And you never see them change, they always look the same. They just show up and workout.

If you truly want to be better tomorrow than you are today, you **MUST** commit yourself to training. In order to train, you need to have a goal. I can't tell you how many new clients have come to me with completely general goals. At some point we've all been there, and you may still know people like this. Their goals are typically, "I want to lose some weight" or "I want to tone up." To achieve success you need to avoid general goals, and make goals that are **S.M.A.R.T.**

- Specific
- Measurable
- Attainable
- Realistic
- Timely

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to achieve your goals. Michael Jordan once said, "Some people want it to happen; some wish it would happen; others make it happen." You have to go and make it happen. You have to go and take it.

5 QUESTIONS YOU MUST ASK YOURSELF TODAY

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How bad do you want to be healthy, fit, and truly feel good? So many people talk about it, but very few actually follow through and do something about it. I once heard a quote from Anthony Robbins that I will never forget, "There is no greatness without a passion to be great, whether it's the aspiration of an athlete or an artist, a scientist, a parent, or a business person." You can hope and wish for a better life all you want, but unless you have passion, you will never reach your goals.

Many people set resolutions or keep telling themselves they will eat better or workout tomorrow. But how many actually follow through and do it? The difference between those that reach their goals and those that don't is what they do on a DAILY basis. For most of us it's a slow process, and we won't reach our goals overnight. We must steadily move forward one day at a time, and one foot in front of the other. It takes consistency, perseverance, hard work, and dedication.

If you are serious about wanting to look, feel, and perform better in daily life, I want you to ask yourself five questions right now. These five questions will determine if you have what it takes to make the changes you desire or if you are satisfied with just being the way you are now.

1. HOW BAD DO YOU WANT TO CHANGE?

How bad do you want it? How bad do you really want to be healthy and fit so you look, feel, and perform better in your daily life? Do you just talk about it or are you doing what it takes on a daily basis

2. WHY DO YOU WANT TO CHANGE?

Why do you want it? Do you want to change so people notice you? Do you want to be famous? Do you want to change for the better so that you can help others? Whatever it is, you need to know WHY. Why do you do what you do on a daily basis? What is it that motivates you?

3. WHAT WILL YOU CHANGE?

What are you willing to do until you get it? What are you willing to sacrifice? A lot of people say that they want to lose weight or get stronger and that's great. However, do you know what it takes NOW for you to get there? What you need to do on a daily, weekly, monthly, and annual basis to reach that goal?

Self-improvement of any kind takes sacrifice. You may have to go to bed early when your friends are out on the town. You may have to tell your girlfriend or boyfriend you can't hang out because you need to train. Are you willing to make those kinds of sacrifices?

4. HOW MUCH WILL YOU CHANGE?

How much are you willing to invest into it? How much time do you put into what you do? It takes time to improve. How much time will you put into taking action and doing what it takes? How much time do you invest in yourself so that you can be healthy and fit? Be honest with yourself. Are you ready to invest the necessary time? There is no substitute for hard work. Are you willing to work? How much are you willing to work at it?

5. DO YOU REALLY WANT THIS CHANGE?

Do you really love it? Is this your passion? Your passion is what is going to drive you. It's what keeps you going when times get tough. Things will not always be easy. The path will be difficult and if you don't love what you're doing, you will quit!

If you don't have a passion for this, you will throw in the towel. You really need to ask yourself, "Is this what I love to do?" If not, hang it up and find something you love to do. This is what life is about!

Now that you have asked yourself these questions, go and get it. Go and take what you deserve, and don't look back until it's yours!

NEW THOUGHTS ABOUT YOUR OLD BACK

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- Steroids and other injections
- Surgeries of various types
- Aquatic therapy
- Pilates and yoga
- Acupuncture
- Various braces and corsets

The list goes on and on, but you get the idea. There are a lot of ways to manage low back pain and no one panacea.

NEW APPROACHES TO REHABILITATION: EVIDENCE-BASED PRACTICE

Until very recently both physicians and physical therapists more or less followed a hit or miss approach to back care. If exercises didn't work, manipulative techniques were introduced. If movement of the spine did not relieve pain, braces and stabilization exercises were implemented.

A TREATMENT EXAMPLE FOLLOWING THE NEW MODEL

A patient is seen by a physical therapist that discovers the following:

- Central low back pain
- Forward bent posture
- Pain relieved by sitting
- Pain worse on standing
- Loss of extension in the upper back
- Tight hip flexors

With such signs and symptoms, a physical therapist would be remiss if treatment were directed only to the low back. In the above patient, attention to both the upper back and the hips must also be addressed. Indeed, perhaps at least as much attention to these body regions adjacent to the low back itself would likely be required. Further treatment of impairments, such as tight heel cords (*well away from even the hips*) would likely be helpful.

If you have not visited a DPT/OCS for an acute or chronic back problem lately, consider doing so. You are likely to benefit from the experience, particularly if you are willing to actively participate in the management of your spinal health!

WHY YOU ARE NOT SUCCEEDING

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"I want to lose 10 pounds of body fat in the next two months." This goal is specific because you've stated clearly that you want to lose 10 pounds of body fat in two months. Simply saying, *"I want to lose some weight"* has no specificity whatsoever. What's *"some weight?"* The goal of losing 10 pounds of body fat in the next two months is **MEASURABLE** because at the end of two months you've either you've lost 10 pounds of body fat, or you haven't! Again, *"some weight"* could be anything depending upon where you're starting from. *"Some weight"* is completely unclear.

Your goal should be both **ATTAINABLE** and **REALISTIC**. These factors are very important. If you shoot too low, you won't challenge yourself and there's really no sense in setting that goal in the first place.

If you're unrealistic and overestimate your goals, saying that you want to lose 20 pounds of body fat in 10 days, you'll lose motivation because there's no chance you're going to pull that off safely. Making sure that your goals are **REALISTIC** and **ATTAINABLE** is integral to the entire goal-setting process.

Finally, a **TIMELY** goal is one with a deadline. *"I want to lose some weight"* has no timeline and no sense of urgency. It's open-ended so you can take your sweet time until *"some weight"* finally drops off. By putting that concrete date of two months on the calendar, you're immediately *"on the clock"* and you're forced to come up with a game plan to help you achieve your goal.

YOU SUFFER FROM A LACK OF FOCUS

The only thing worse than not having a goal, is having too many goals. There's nothing wrong with being a jack-of-all-trades, but as you can imagine this can lead to some serious training overload. If you're really serious about one goal, you need to make that your priority. There's always one thing that's more important than all the others, even if it's only temporary

For example, if you want to get stronger and lose body fat, you might spend the first month or two focusing on the big, basic lifts to bring your strength up, while you maintain your current level of body fat. After those two months, you'd switch the programming to help maintain that new found strength while shedding some body fat.

If you tried to achieve both goals at the same time, you'd see less than favorable results in both categories, and you'd end up frustrated or possibly injured.

NOW CHANGE IT

So, what are your goals? What are the reasons you aren't achieving the success you desire?

CONGRATULATIONS

We are happy to announce that the following physical therapists have achieved advanced status as board certified clinical specialists through the American Board of Physical Therapy Specialties.

- **Lukas Tvedt** – Orthopedic Certified Specialist (OCS)
- **Thomas O'Donnell** – Orthopedic Certified Specialist (OCS)

With these therapists achieving board certification, we now have **17 specialty certified therapists in the areas of orthopedics, sport, geriatric, pediatric and hand therapy.** We are very proud to have professionals who have demonstrated a motivation and ability to distinguish themselves as advanced clinicians in a specialized field of physical therapy. Of all licensed PTs in the United States, only about 5% have completed board certification.

We pride ourselves in having a team of physical therapists that are highly trained and provide specialized care to our community.



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**Keep in touch with our team,
we want to hear from you!**

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