



IS BACK PAIN SLOWING YOU DOWN?

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. ...

(Read more inside...)

www.achievar rehab.com

INSIDE

**IS BACK PAIN
SLOWING YOU DOWN?**

**HOW TO TAKE CARE OF
YOUR BACK**

FUN & GAMES

IS BACK PAIN SLOWING YOU DOWN? **GET BACK ON TRACK WITH ACHIEVA REHAB!**



INSIDE:

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...The pain itself can limit your ability to reach, lean, kneel, lift, or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable — ruining your good time. At Achieva Rehabilitation, we provide in-home care and treatment for those experiencing pain or discomfort. Contact us today to learn more about how our services can benefit you!

What Causes Back Pain?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal & core muscle weaknesses
- Improper lifting form
- Bad posture
- Limited hip, spine, & thigh muscle flexibility
- Spinal muscle & tissue damage
- Bad abdominal, pelvic, & back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing — except for medication — can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

At Achieva Rehabilitation, you can find relief in the comfort of your own home, without the need for heavy equipment or tools. Our treatments typically last an hour, with our physical therapists walking patients through each movement. Many patients report finding relief after just a couple sessions!

It is important to take care of your body. Get regular check-ups and make sure your body is in good condition. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a professional.

To schedule an appointment or inquire about in-home treatments, contact Achieva Rehabilitation today! You deserve a pain-free life, and your back will thank you in the long run.

Get Moving Today with Achieva Rehabilitation!
www.achievahab.com

HOW TO TAKE CARE OF YOUR BACK



You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy, and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications, and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a our certified physical therapists at Achieva Rehab can help.

Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, it is important to make sure you're taking care of your back. You can do this by:

1. Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your

spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

2. Use Good Posture

When you're standing, imagine a string is attached to the top of your head — lifting you up. This will keep your hips, spine, shoulders, and neck aligned. If you're sitting, don't slouch.

3. Participating In Strength Training.

Your body has hundreds of muscles. These muscles protect and control your spine. By doing activities such as walking, running, or swimming, you can keep them strong and train them to stay that way. In doing so, you'll easily control quick, lifting movements.

Sources

<http://www.apta.org/>

<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

EXERCISE ESSENTIALS

SUPPORTED BRIDGE

Lie on your back with knees bent and feet hip distance apart. Place your feet close enough so they can be touched by your finger tips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.

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

TRY THIS EXERCISE FOR BACK PAIN RELIEF

Exercises copyright of





PATIENT SUCCESS SPOTLIGHT

“He has made a full recovery in no time at all.”

“Achieva Rehabilitation helped my dad after his surgery. He was able to receive one-on-one therapy in the comfort of his own home. He has made a full recovery in no time at all.” - Tanay K.

FUN & GAMES

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

<http://1sudoku.com>

n° 318548 - Level Hard

SUDOKU PUZZLE

The classic sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

OUR SERVICES

- In-Home Therapy
- Neurological Rehab
- Movement Therapy
- Orthopedic Rehab
- Joint Rehab
- Arthritis
- Tendonitis
- AND MORE!

IN-HOME THERAPY

Health care is moving away from institutions to care in the patient environment. Achieva Rehab is well positioned to help clients immediately as we take advantage of research that shows and recommends that therapy early on in the continuum of care maximizes outcomes.

ABOUT US

With Achieva Rehab, patients are able to perform therapy in a stress-free environment with one-on-one attention, making sessions more focused and intensive. You simply don't get that in a therapy clinic.

ONE PATIENT, ONE THERAPIST, ONE FOCUS.



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