



**connections**  
PHYSICAL THERAPY

**NEWSLETTER**

# HOW STRENGTHENING HELPS BACK & NECK PAIN



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## HOW STRENGTHENING HELPS BACK & NECK PAIN



Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Connections Physical Therapy, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call Connections Physical Therapy today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

### **How Muscles Affect Neck Pain**

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-

fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain can develop due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

**Our goal is to help you reach yours!**

**Come back into our clinic for treatment  
and take a step towards better health.**

# COME BACK IN FOR PT!

[connectionspt.com](http://connectionspt.com)

# How Muscles Affect Back Pain

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the “core.” When thinking of the core, think of an apple core... it goes all the way around. **So the core muscles of the spine include:**

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips and pelvis.

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

## How Physical Therapy Can Help You Strengthen Your Back And Neck Muscles

Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

## EXERCISE ESSENTIAL DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.

*This exercise is designed for pain prevention.  
Call your therapist if you are experiencing any pain!*



If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

## Contact Our Clinic Today

You deserve to feel your best. Call Connections Physical Therapy today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>  
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## Our Goal Is To Help You Reach Yours!

Scan the QR Code to visit our website and schedule your appointment!





## How to Squeeze in a Short 10-30 Minute Workout

Are you looking for a quick way to get results from your workouts? At Connections Physical Therapy, our physical therapists use the most advanced programs for rehabilitation, prevention, and strength and conditioning training for health and fitness!

High-intensity interval training (HIIT) involves alternating periods of high-intensity aerobic exercise with a brief recovery period. These short but intense workouts can be done at home, at a gym, or on the road.

***There is a growing body of evidence indicating the health benefits of a 10-30 minute program, including the following:***

- More calories burnt in a short amount of time
- Reduced blood sugar levels
- Higher metabolic rate for hours after a quick workout
- Improved oxygen consumption
- Reduced heart rate, blood pressure

If you are looking for a highly effective way to get or stay in shape, HIIT workouts may be exactly what you are looking for!

Call Connections Physical Therapy today to request an appointment and learn more about how we can help you squeeze in a short workout to stay healthy and fit!



## Healthy Recipe

### THE VERY BEST ROASTED CARROTS

- 2 pounds carrots, peeled and sliced on diagonal
  - 2 tablespoons good quality olive oil
  - 1/2 teaspoon salt
  - 1/4 teaspoon freshly cracked black pepper
  - 1/2 teaspoon paprika
  - 1/2 teaspoon garlic powder
  - 2 tablespoons finely chopped fresh flat-leaf parsley or 2 teaspoons fresh thyme
1. Preheat the oven to 425 degrees F. Peel the carrots and cut off the tops. Slice carrots on the diagonal so each piece is about 1/2 inch thick at the widest part (each diagonal cut you make should be about 1 inch apart). Make sure carrots are all cut around the same size to ensure even roasting.
  2. Add cut carrots to a very large sheet pan. Add olive oil, salt, pepper, paprika, and garlic powder. Toss to coat all the carrots.
  3. Spread carrots into an even layer and roast in the oven for 10 minutes. Remove from the oven and quickly toss/flip the carrots then return to the oven. Bake for another 8 to 15 minutes, until caramelized and tender. (Time will vary based on actual oven temperature, how spread out the carrots are, and personal preference for how roasted you want the carrots.)
  4. Remove the carrots from the oven. Toss with fresh herbs and serve immediately.



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Physical Therapy clinic to schedule  
your next PT appointment!**