



**connections**  
PHYSICAL THERAPY



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# Is Back Pain Interfering With Your Everyday Life?

*Health & Wellness Newsletter*

The chances are very good that you'll experience back pain at some point in your life. You might lift a piece of furniture that's a little too heavy for you. You might develop pain from prolonged sitting. Or you might just notice a "random" back pain that likely stems from repetitive or awkward movements.

No matter the source of your back pain, physical therapy with Connections Physical Therapy can help you find relief. We know that when you're in the throes of debilitating pain, pinpointing the underlying cause is probably the least of your concerns. But to our team of experts, understanding the cause is the first step in helping you get the treatment you need.

To illustrate this, let's look at a story from our files. Daniel developed back pain that was dramatically impacting his day-to-day life. It kept him on the couch during the day and wide awake at night—but our therapists helped him find lasting relief.

## **Meet the Patient (And His Back Pain)**

Daniel was a computer programmer in his late 30s who spent his workday tapping away on his computer keyboard. In his spare time, he enjoyed playing board games with his buddies, taking his German shepherd to the dog park, and whipping up meals for his girlfriend.

One day, Daniel was digging out a dead shrub in his backyard when he felt a sudden spasm in his lower back, followed by a sharp jolt of pain. He stopped for the afternoon, but the pain hadn't receded the next day. Or the next.

Daniel's back pain was intense enough that it didn't just cause pain; it also impacted his mobility. Forget digging out a shrub; now, Daniel could barely walk his dog! And while the pain lessened somewhat while he was sitting, it was still bothersome enough to distract him from work.

**Stop letting pain get in the way. Give us a call or visit [connectionspt.com](https://connectionspt.com) today!**



# 3 Benefits of Spring Cleaning

## 1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

## 2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

## 3. It improves concentration and mood

Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!

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## Enough's Enough: Daniel Visits a Physical Therapist

Eventually, Daniel's girlfriend told him he needed to seek treatment. She suggested he try a physical therapist, as she'd had a good experience with physical therapy after her own back injury.

At the PT clinic, Daniel shared his symptoms and noted that the pain had started while he was doing yard work. His therapist also guided him through several movement screens, testing Daniel's range of motion and strength.

By the end of the appointment, Daniel's therapist had determined that Daniel likely had an issue with his lumbar discs (the cushions found between vertebrae) from digging out the tree root; he'd twisted his body while lifting a heavy clump of dirt, damaging his discs.

However, part of the reason Daniel suffered the injury was because the muscles in his back and core were weakened due to his sedentary job. Without strong core muscles to support his spine, he was more susceptible to an injury, particularly when performing manual labor without any conditioning or warmup.

## A Personalized Treatment Approach

Daniel's physical therapist didn't want to just mask Daniel's symptoms. He wanted to resolve the underlying injury and help Daniel prevent future injuries. To accomplish this, he created a customized treatment plan that walked Daniel through the following steps:

- **Relieve acute pain:** Manual therapy techniques like back mobilization and soft tissue manipulation offered an all-natural alternative to pain medication.
- **Restore mobility and build strength:** A therapeutic exercise program helps address the underlying muscular weakness that set Daniel up for an injury in the first place. By building up the strength in his back and core, Daniel was able to provide more stability and support to his spine.
- **Address lifestyle factors:** Another factor in Daniel's injury was his sedentary job. His physical therapist offered suggestions to help offset the prolonged sitting involved in computer programming, including taking stretching breaks every 30 minutes and investing in a standing desk.
- **Prevent another injury:** Finally, the therapist showed Daniel how to use proper technique when working in the yard and suggested some warm-up methods the next time Daniel needed to perform strenuous movements.

## Say Goodbye to Back Pain Today!

Does Daniel's story resonate with you? Just like him, you don't have to suffer! Schedule an initial consultation at Connections Physical Therapy to get started on the journey to lasting pain relief.

**Our Goal Is To Help You Reach Yours**

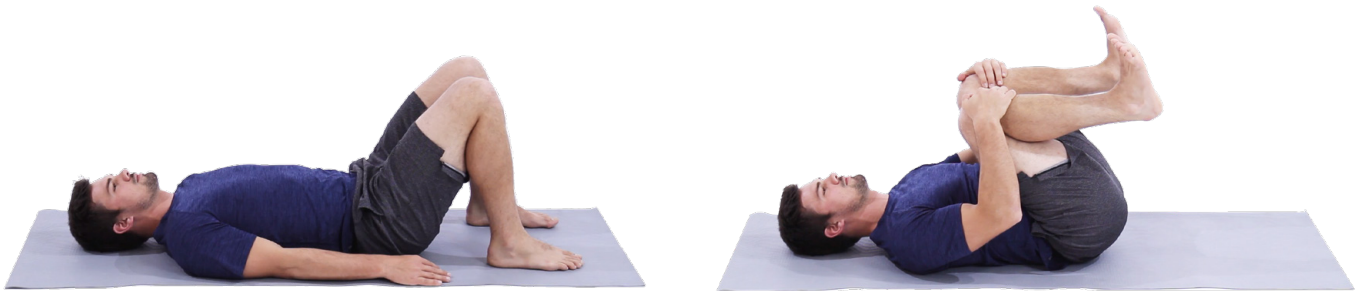
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Source: <https://www.choosept.com/guide/physical-therapy-guide-low-back-pain>

Stop letting pain get in the way. Give us a call or visit [connectionspt.com](https://connectionspt.com) today!

# Exercise of the Month



## Double Knee To Chest

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.

Let's get you better ASAP! Schedule your appointment today!



204 WORCESTER STREET  
**NORTH GRAFTON, MA** 01536  
TEL: 508-687-6908  
FAX: 508-887-8991

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TEL: 508-263-0552  
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**Don't Just Tolerate  
Pain, Relieve It!**

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