

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

RELIEVING BACK PAIN WITH TRACTION - HOW IT CAN BENEFIT YOU

If your back hurts, should you lie in bed or take a rest on the couch? Neither; in fact, while it might feel good to take a load off temporarily, either one of these can actually prolong or even worsen your symptoms.

(continued inside)



Dr. Cheryl Howard
PT, DPT, Cert. MDT
Owner

FREE 15 MINUTE CONSULT

(DETAILS INSIDE)

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INSIDE:

So, How Does
Traction Work?

Exercise
To Help
With Pain

Innovative
Practice News

RELIEVING BACK PAIN WITH TRACTION – HOW IT CAN BENEFIT YOU



(continued from outside)

Lower back pain (LBP) is the most commonly reported form of pain. It is a major cause of medical expenses, work absenteeism, and disability.

According to a study conducted by the American Physical Therapy Association, one-third of adults surveyed say that low back pain impacted their ability to sleep, work, or exercise. A common physical therapy treatment for relieving back pain is traction. This has proven to significantly help in getting patients back to their normal levels of function. With traction, you can find some much-needed relief and get back to comfortably living your daily life.

How can physical therapy help back pain?

Physical therapy is the ideal treatment for patients experiencing chronic low back pain. Unlike prescription pain medication, physical therapy does not have any unwanted side effects, does not carry the risk of dependency, and addresses a person's mobility, as well as pain reduction. One recent study published in the Annals of Internal Medicine also reported that physical therapy is as effective as surgery for treating low back

pain conditions, without the risks or recovery time.

Many people already associate physical therapy with movement, balance and mobility, but few understand the role physical therapy can have in pain relief. Therapies such as traction play a big role in physical therapy's ability to relieve a patient's pain. When combined with other physical therapy modalities, traction is actually more effective than pain medications in providing long-term relief.

Traction is a form of decompression therapy that we are happy to offer at our physical therapy practice. It relieves pressure on the spine and alleviates pain from joints, sprains, and spasms. It can also treat herniated discs, sciatica, degenerative disc disease, pinched nerves, and many other back conditions. Traction is performed by skilled physical therapists and/or the use of mechanical units.

For more information on how this could
benefit you, contact Innovative Physical
Therapy Solutions today!

Quote of The Month:

*"You'll never get
bored when you try
something new. There's
really no limit to what
you can do."*

- Dr. Seuss

CALL
TODAY!

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SO, HOW DOES TRACTION WORK?

The different types of traction include:

- **Mechanical Traction.** The specialized treatment technique of mechanical traction uses devices that work by stretching the spinal vertebrae and muscles.
- **Manual Traction.** With manual traction, our physical therapists use their hands to stretch the spinal vertebrae and muscles.

Traction relieves pressure on the spine and alleviates pain. Cervical traction and lumbar traction are similar, but they have a couple of key differences: with cervical traction, a gentle force is used to stretch or pull the head away from the neck. With lumbar traction, a gentle force is used to gently gap the pelvis from the lower back. Both of these methods are useful in manipulating the spine and providing relief.

How can I add traction to my treatment plan?

For low back pain sufferers, one key element to relief is traction. Combining this method of treatment with additional pain relief modalities is the most effective way to treat low back pain, rather than mask it with pain relievers or muscle relaxers.

If your back has been bothering you, don't hesitate to schedule a consultation with Innovative Physical Therapy Solutions today to discuss how we can add traction to your treatment plan. One of our highly trained physical therapists will design a personalized treatment plan for your specific needs. **Don't live with lower back pain – traction can help get you moving.**



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Patient Spotlights

"...I will be able to stay pain-free!"

"The pain & headaches have gone away tremendously. The heat following the massages was a Godsend. With me keeping up on the exercises, I will be able to stay pain-free!" - **Heather S.**

"...I am building strength in my muscles that have not been engaged in a long time."

"When I came here I couldn't walk down a hallway without drifting off to the right. I felt like I constantly had to correct myself to walk a straight line. Now I am walking in a normal gait. My pain associated with my abnormal gait has lessened and I am building strength in my muscles that have not been engaged in a long time." - **Lorraine G.**

"I've been extremely pleased with my results..."

"I've been extremely pleased with my results and this process. I left today feeling in control, powerful, & successful. My therapist has been very clear with her directions/instructions & has helped me visually understand what muscles I need to be controlling/tightening/working. I have the proper skill set to continue to make the improvements needed. Thanks for the paperwork as a reminder to do the exercises taught. I'm appreciative of this opportunity to feel comfortable without having accidents in public." - **Elizabeth E.**

Healthy Recipe

Slow-Cooker Vegetarian Lasagna



- 3 large portobello mushroom caps, gills removed, halved and sliced
- 1 small zucchini, quartered & sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper
- 12oz whole-wheat lasagna noodles
- 3 cups shredded mozzarella

INGREDIENTS:

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach, chopped

INSTRUCTIONS

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours.

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

Exercises copyright of
SimpleSet Pro
www.simpleset.net

Loosens Lower Back

PRAYER STRETCH

Start on your knees and bend forward, reaching arms out on the floor in front of you as shown. Hold for 15 seconds, repeat 3 times.



Innovative PT Coupons

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Offer valid for the first 20 people to schedule.
Expires 2/28/21

Innovative Practice News

HOW CAN I GET STARTED WITH TELEHEALTH?

At Innovative Physical Therapy Solutions, we want you to know that we are here for YOU! We genuinely care about your health, which is why we continue to offer Telehealth services during this time – to keep you, and all of our patients, safe.

Although our clinic is open for socially distanced in-person appointments, we still want to be able to serve our patients in other ways as well. We want you to be able to continue your personalized PT plans, so you do not lose all the progress you've made. So, if Telehealth at Innovative Physical Therapy Solutions sounds right for you, be sure to let us know!

To learn more about how you can set up our Telehealth services on your smartphone or computer, give us a call today or schedule your first virtual appointment online!

**IN THE STATE OF NEW YORK, YOU HAVE
DIRECT ACCESS TO PHYSICAL THERAPY!**



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