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PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

Innovative Newsletter



INSIDE:

5 POOL EXERCISES FOR A FULL-BODY WORKOUT

5 STAR REVIEWS

EXERCISE TO HELP WITH PAIN

We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

REVIEW US

Quote of The Month:

"You are never too old to set another goal or dream a new dream..."

- C.S. Lewis



CALL TODAY!
(315) 786-0655

IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

Physical Therapy Can Help You Resolve Your Back Pain!

Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running – the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Innovative Physical Therapy Solutions today to make an appointment.

Physical Therapy Solutions For Back Pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the

recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Innovative Physical Therapy Solutions offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

Understanding The Risk Factors Associated With Back Pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the

Continued inside.

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE

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Continued from previous page.

individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

How Physical Therapy Helps

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.



At Innovative Physical Therapy Solutions, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Our Clinic Today

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call Innovative Physical Therapy Solutions for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

[REQUEST FREE CONSULT](#)

5 POOL EXERCISES FOR A FULL-BODY WORKOUT

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Why not turn your summer pool time into a fun workout? Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.

- 1. WALK IN WATER.** It targets your arms, core, and lower body. Keep your arms in the water and move them as you walk. Engage your core and stand tall.
- 2. WATER ARM LIFTS.** Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.
- 3. LATERAL ARM LIFTS.** This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

- 4. BACK WALL GLIDE.** This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.
- 5. LEG KICKS.** This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your physical therapist first. Contact Innovative Physical Therapy Solutions to see if aquatic exercise is right for you!

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Get started on your path toward recovery and relief!

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5 STAR REVIEWS

"My PT experience has been so seamless. My doctor faxed her Rx directly to IPTS. The next day IPTS phoned me to schedule my appointments. They were able to begin my therapy within a few days. I was always seen at my appointed time and was never kept waiting (a pet peeve of mine!) My therapist is extremely professional. She explained what her treatment plan was and why she choose the specific exercises within that plan. It is easy to be comfortable and at ease with her. She lets me know what I can expect in upcoming appointments. The atmosphere is warm and friendly. All the staff members are very attentive. I look forward to my PT appointments, and will miss being in the IPTS office, when my treatment is completed. I have been well cared for. Thanks for being there, y'all!" – Marjorie S.

Share your success story!
Click below to leave us a review.

[LEAVE US A REVIEW](#)

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!

EXTENSION IN LYING

Start by laying flat with your hands underneath your shoulders. Keeping your lower body and back relaxed, push up with your arms. Hold for 2 seconds, lower and repeat 10 times.



Try this exercise to relieve back pain.

Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!

(315) 786-0655
CALL TO SCHEDULE TODAY!



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 9/24/23



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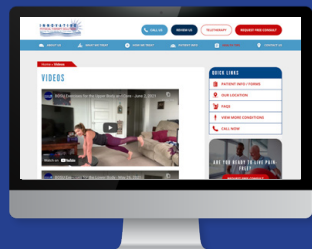
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