

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

Innovative Newsletter

INSIDE:

DEEP TISSUE LASER THERAPY

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:

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

—Carl Bard

CALL TODAY!

(315) 786-0655

IS BACK PAIN CHANGING HOW YOU WALK?

Get Back In Stride With Innovative Physical Therapy Solutions



Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, physical therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our physical therapists are an excellent resource for managing your back pain and difficulty walking.

How Back Pain Affects Your Gait

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common that it interferes with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how you walk changes. When you are in pain, you tend to walk “out-of-phase,” meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.

At Innovative Physical Therapy Solutions, our physical therapists can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

How Physical Therapy Can Help

When your back pain begins to interfere with your ability to move around freely, then you know it is time to start

Continued inside.

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE

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www.innovativeptsolutions.com

IS BACK PAIN CHANGING HOW YOU WALK?

Continued from previous page.

doing something about it. Physical therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapists will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

What To Expect at Physical Therapy

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk.

When you are experiencing recurring back pain — especially if you are experiencing back pain while walking — you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Your therapist will teach you strategies like:

- **Standing tall whenever you are standing or walking.** Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.
- **Making sure that you are wearing suitable types of shoes.** The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.

- **Trying a custom insert in your shoe.** Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.
- **Changing “how” you walk.** Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

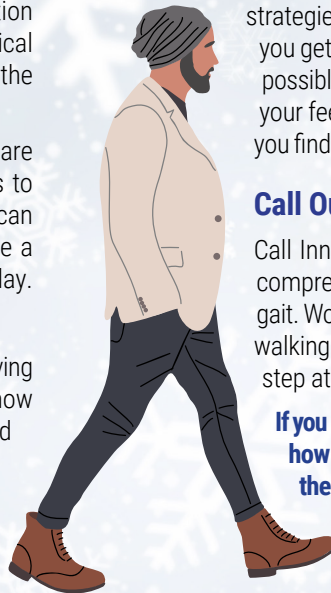
Working with a physical therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What’s more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Call Our Clinic Today

Call Innovative Physical Therapy Solutions today for a comprehensive assessment of your back pain and your gait. Working with our physical therapists to improve your walking technique can help you overcome back pain one step at a time.

If you have a history of severe back pain that has changed how you walk, don't hesitate to talk to our physical therapists. We offer the results you are looking for!

[REQUEST FREE CONSULT](#)



DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed – No Insurance Needed – No Expiration On Package Treatments – We Take Cash, Card, or Health Savings Account

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today! We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.

[CLICK HERE](#) to learn more about Deep Tissue Laser Therapy today!



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5 STAR REVIEWS

"I was referred by my neurologist while recovering from Guillain-Barre syndrome. *I was having a lot of trouble walking. After about six or seven weeks of therapy, I am 90-95% back to normal. The therapists changed my life.*

I am so thankful."

-O. A.

"I've had an amazing experience with Ashley, she is so informative and takes care of her patients and makes sure they are comfortable each session. Definitely recommend you go to her if you haven't or if you have any questions or concerns post pregnancy. *I had issues with my pelvic floor for 2 years and after seeing Ashley for only 2/3 months, she helped resolve all those issues I've had. It's like I'm a whole new person. Thanks again Ashley!*"

-Yaya S.

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

LEAVE US A REVIEW

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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 STANDING

Start by standing up straight with your hands on the small of your back and your fingers pointing toward the floor. Bend back at the waist while keeping your knees straight and using your hands to keep stable. Hold as directed. Return to start.

PTSC