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PHYSICAL THERAPY SOLUTIONS

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# Innovative Newsletter

INSIDE:

**25**  
YEARS  
**ANNIVERSARY**

INNOVATIVE PHYSICAL  
THERAPY SOLUTIONS

SERVING THE  
WATERTOWN AREA  
FOR 25 YEARS

5 STAR REVIEWS

EXERCISE TO HELP  
WITH PAIN

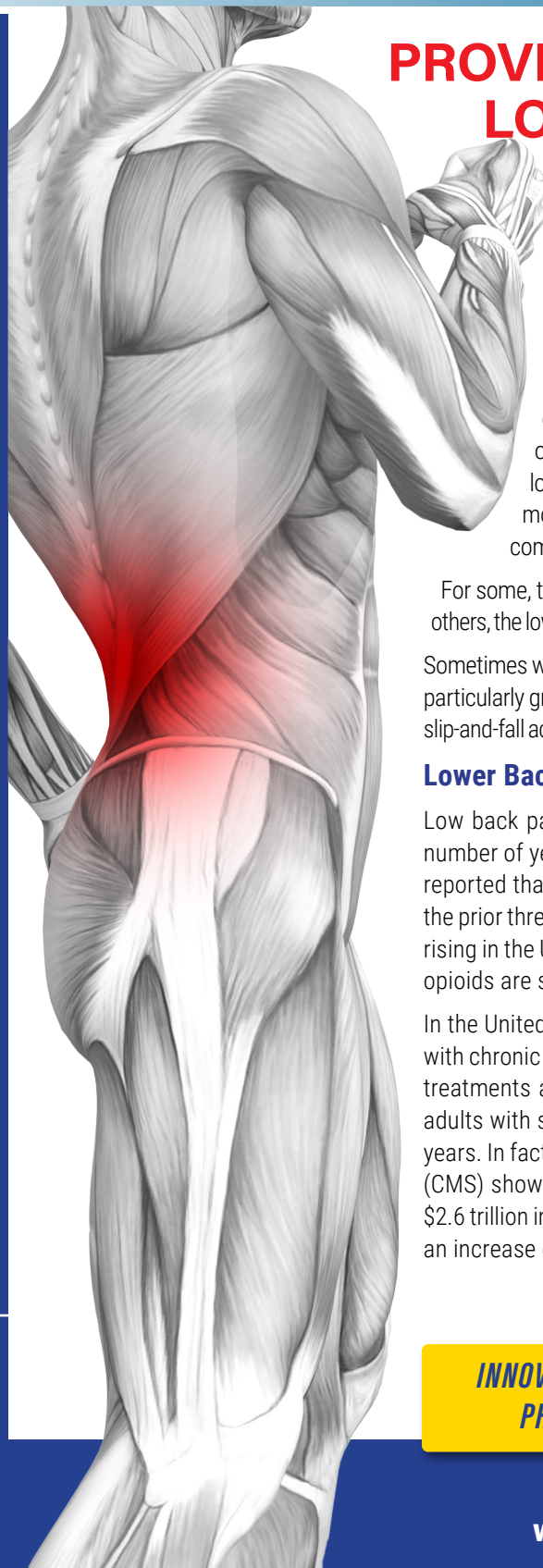
*We would love to hear  
your success story!*

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

CALL  
TODAY!

(315) 786-0655



## PROVEN TREATMENTS FOR LOW BACK PAIN RELIEF

**Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At Innovative Physical Therapy Solutions, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!**

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

### Lower Back Pain in the United States

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US had lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

In the United States, the total cost of healthcare per person for those with chronic back pain can significantly vary depending on the specific treatments and services utilized. However, the healthcare costs for adults with spinal problems have gradually increased throughout the years. In fact, data from the Centers for Medicare & Medicaid Services (CMS) shows that the National Health Expenditure (NHE) grew from \$2.6 trillion in 2010 to an estimated \$4.1 trillion in 2021. This represents an increase of approximately 58%.

*Continued inside.*

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME  
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# PROVEN TREATMENTS FOR LOW BACK PAIN RELIEF

*Continued from previous page.*

According to the Institute for Health Metrics and Evaluation, healthcare costs for those with low back and neck pain were substantial. This study reports that in the year 2020, \$76.9 billion was paid by private insurance, \$45.2 billion was paid by public insurance, and \$12.3 billion was paid by individuals out-of-pocket. Additionally, a recent study of 55,945 patients with chronic lower pain shows that the median total cost per person was \$6,590.

A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

## How Physical Therapy Can Help Your Back Pain

Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms.

Working with a physical therapist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results.

Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Joint mobilization/manipulations
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga



Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

## What to Expect in Physical Therapy

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam.

The oral history of your back pain helps your therapist identify any “red flags” that would indicate a more serious condition or that warrants a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease).

The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences.

This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

**At Innovative Physical Therapy Solutions, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities.**

**Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!**

## COMMITTED TO SERVING YOU FOR 25 YEARS!



## Thank You for Choosing Us!

At Innovative Physical Therapy Solutions, it is not just about treatment but about a lasting commitment to your total health. Our fusion of leading-edge technology with traditional care, and our dedication to treating patients as unique individuals, has set us apart for 25 years. Whether you belong to our esteemed military community, the 65+ seasonal residents, or any other age group, our offerings, including crucial telehealth services, are curated to ensure your comfort, convenience, and comprehensive recovery.

*Thank you for allowing us to serve you!*

**REQUEST FREE CONSULT**



# 5 STAR REVIEWS

**"The staff go beyond taking care of you through therapy."**

"Physical therapy at Innovative Physical Therapy Solutions has helped. The staff go beyond taking care of you through therapy. The provider I have seen over there helped me with diet and suggested a few other referrals in order to get adequate healthcare." –Lindsay S.

**"Highest recommendation!"**

"Highest recommendation! Ashley was wonderful and helped me with pregnancy related issues before and after delivery. This included reducing severe round ligament pain during pregnancy as well as strengthening my core and pelvic floor after delivery." –Naomi T.

**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!

### ABDOMINAL BRACING WITH MARCHES

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an 'L' shape with your thigh and trunk. Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time.



*This exercise is designed for pain prevention, call your therapist if you are experiencing any 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 7/15/24**



**REQUEST FREE CONSULT**

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