

NEWSLETTER

Proven Treatments for Your Low Back Pain Relief



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15 CONVENIENT LOCATIONS TO SERVE YOU!

Central Sioux Falls
West Sioux Falls
East Sioux Falls
Sioux Falls (Primrose)

Brandon
Harrisburg
Hartford
Tea

Fulda
Jackson
Lakefield
Luverne

Sherburn
Worthington (Avera)
Worthington (Oxford)

NEWSLETTER

If You've Been Experiencing Back Pain - You Are Not Alone

Seek Physical Therapy For Relief



Is back pain making simple activities, like lifting or bending, difficult? Are you frustrated that your back pain never seems to go away completely? At Prairie Rehabilitation, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

If you've been experiencing low back pain, know you aren't alone. Just about everyone deals with low back pain at one point. The *National Center for Complementary and Integrative Health* states that about 80 percent of adults have low-back pain at some point in their lives. It's the most common cause of job-related disability and a leading contributor to missed workdays and visits to physicians. For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, low back pain lingers for years and never really heals or goes away. Sometimes we can identify the exact reason for back pain. Maybe it is the result of a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. In other instances, it seems to come for no apparent reason.

Fortunately, physical therapy can help treat and even prevent the symptoms of lower back pain through targeted exercises. Exercises, or active physical therapy, have been proven to improve outcomes of patient recovery significantly. Are you ready to return to the life you love? Call today to schedule an appointment with one of our highly trained therapists!

Treating low back pain with exercise. Though exercising while still experiencing pain may seem like a counterintuitive form of treatment,

exercise has actually been proven to help enhance the healing process in treating low back pain.

This is demonstrated further through a 2018 study published in the National Institutes of Health, titled *"Physical Therapy Approaches in the Treatment of Low Back Pain."* The study analyzes the efficacy of active physical therapy as a treatment method for low back pain, especially in cases where pain lasts longer than 12 weeks.

"In low back pain, guidelines (as stated above) promote the avoidance of bed rest, and the continuation with activities as usual^[22]. The aim of physical treatments is to improve function, and to prevent disability from getting worse^[8].

In chronic low back pain, exercise therapy has become a first-line treatment and should be routinely used^[8]...If low back pain persists for more than 12 weeks, physical treatments that encompass a graded activity or exercise programs that focus on improvements in function, are recommended [8]. In fact, in low back pain greater than 12 weeks, exercise is a first-line treatment that should be considered for routine use^[8]."

Are you searching for a way to treat your pain? Exercise therapy as administered by a physical therapist has been proven to work. Don't hesitate to get started on your treatment plan, contact Prairie Rehabilitation today!

(continued inside)

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATES OF MINNESOTA & SOUTH DAKOTA, YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

HOW PHYSICAL THERAPY CAN HELP YOUR BACK PAIN

(continued from outside)

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 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
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- 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 for 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.

Contact us for an appointment. At Prairie Rehabilitation, 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. **Contact us today to request an appointment and learn what steps you can take to alleviate your pain and prevent further episodes!**

Sources: <https://link.springer.com/article/10.1007/s40122-018-0105-x>
<https://www.cdc.gov/acute-pain/low-back-pain/index.html#fn2>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5027174/>
<https://www.statista.com/topics/4333/back-pain-in-the-us/#dossierKeyfigures>

SCHEDULE AN APPOINTMENT AT A CLINIC NEAREST TO YOU!

3 Natural Ways to Beat Spring Allergies

It's finally spring! For most people, this means warm weather, getting outside, and appreciating the blooming flowers and beauty of nature. However, if you have allergies, you might be dreading all of the above.

Don't give up on the idea of enjoying the season just yet. Did you know there are several natural ways you can help lessen the severity of your allergies? Here are three ways you can start fighting off your allergies, beginning today!

1. Manage stress. Were you aware that stress hormones can wreak havoc on your body, even weakening the immune system? This in turn can worsen seasonal allergies. A physical therapist can help you to manage your stress by prescribing you with an individualized exercise routine that fits with your lifestyle and personal fitness goals. Other therapeutic methods, such as massage therapy, acupuncture, and aquatic therapy, also have stress relieving properties.

2. Avoid unhealthy foods and drinks. Toxins in the body frequently aggravate allergies. Allergies can flare up when the liver is working overtime metabolizing our stress, medications, alcohol, and processed



foods. Therefore, avoiding fatty foods and alcohol can help lessen your allergy symptoms.

3. Clean the house. This one sounds obvious, but it can do wonders to help mitigate allergies! Many allergy triggers can be removed from your home with regular cleaning, which can help relieve your pesky symptoms. For example, something as simple as changing your pillowcases on a regular basis can improve your symptoms since allergens can transfer from your hair to your pillow at night.

To discover more natural methods for allergy relief, contact Prairie Rehabilitation today!



STAFF FEATURE



CHARLIE BIGELOW
Physical Therapist

Charlie grew up in Wahpeton North Dakota, and graduated from the University of North Dakota. He began his career at Thief River Falls Minnesota, then moved to New Ulm, Minnesota, where he managed the Physical Medicine and Rehab department. In 1994 Charlie joined PT Associates in Sioux Falls, SD, a company which eventually merged to become Prairie Rehabilitation. Charlie is a founding partner of Prairie Rehab, and has been integral in the development of Prairie Rehabilitation operations in

Southwest Minnesota, where he currently serves as regional manager. His clinical specialties include Orthopedic Manual Therapy for the spine and extremities. He has extensive experience in Geriatric Therapy and Home Care. Charlie enjoys working with a wide variety of patient types. He is highly skilled in improving the functional mobility of the spine and extremities, through decreasing muscular imbalance. Charlie is a lifelong learner and enjoys mentoring and sharing his over 40 years of therapy experience with the other team members. Charlie states, he enjoys working in a deep rural area and helping his talented team to provide the highest level of care to the people we serve there. Charlie is a member of the American Physical Therapy Private Practice Section and is active on the Membership Development Committee.

Charlie has been married to his wife Kari for 40 years and has three grown children and one granddaughter. Charlie is a very active person who enjoys the outdoors, especially gardening (mostly flowers) as well as hiking, and golfing. He is active in the men's group, in his church, and leads the men's bible study.

HEALTHY RECIPE

Mediterranean Chickpea Salad

INGREDIENTS

- 2 Tbsp extra-virgin olive oil
- 3 garlic cloves, minced
- 1 Tbsp lemon zest
- 2 Tbsp lemon juice
- 3/4 tsp sea salt
- Ground black pepper
- 1 ½ tsp cumin seeds*
- 2 cups cooked chickpeas, drained & rinsed
- 1 cup cherry tomatoes, halved
- 4 Medjool dates, pitted and diced
- 3 Persian cucumbers, sliced into thin half moons



- 1 cup chopped roasted red peppers
- ¼ cup finely chopped parsley
- 3 oz honey goat cheese
- ¼ cup fresh mint
- 1 cup chopped roasted chickpeas, (optional)

INSTRUCTIONS

In a large bowl, combine olive oil, garlic, lemon zest, lemon juice, salt, and several grinds of pepper. In a skillet over medium-low heat, toast the cumin seeds until aromatic, about 30 seconds. Remove seeds from heat and crush (a mortar & pestle is easiest). Add seeds to the bowl and stir. Add the chickpeas, tomatoes, dates, cucumbers, red pepper, and parsley to the bowl and toss. Transfer to a serving platter and dollop with goat cheese, sprinkle with mint, and top with extra roasted chickpeas, if desired. Season to taste and serve.

www.loveandlemons.com/chickpea-salad-recipe

PATIENT SUCCESS SPOTLIGHT



"Tim worked with my low back despite my complications and got me back to work!"

"Jackson' staff at Prairie Rehab & Fitness were great to work with! They fit me into the schedule as I needed. Tim worked with my low back despite my complications and got me back to work. My home exercise program helped greatly. I now come into the fitness center for my independent program and it makes me feel better after a long day at work. I recommend Prairie Rehab for anyone's rehab!" - Caryl N.

HOME EXERCISE

Strengthen Back



LUMBAR SEGMENTAL EXTENSION

Stand with good posture. Find a neutral spine. Bend backwards in a very controlled manner. Think about moving joint by joint. Do not push into pain. Return to the start position. Repeat the whole sequence 10 times.



This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

FREE ASSESSMENT

BIG DEAL

Prairie REHABILITATION

Are you in pain? Come in for a **FREE Consultation!** Contact a clinic nearest to you today!

Offer expires 06/01/22

WWW.PRAIRIEREHAB.COM