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# NEWSLETTER

## Did You Know That Your Hips CAN CAUSE BACK PAIN?



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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

## The Source of Your Lower Back Pain Can Come From Your Hips

Physical Therapy Can Help!



Have you noticed the longer you sit, the worse your back pain seems to get? Does it sometimes feel like your back pain is really coming from deep in your pelvis? For some people, the source of their lower back pain is connected to their hips. At Prairie Rehabilitation, we understand the interconnectedness of the body and can help you figure out where your pain is coming from and ensure you find relief no matter what!

It is estimated that over 80% of the population will experience back pain at some point in their life. In most cases, back pain is non-specific, meaning there is no primary cause. In fact, back pain is often the combination of several factors affecting one another. Interconnected factors that may contribute to your pain include:

- Prolonged sitting postures
- Weak core (i.e., abdominal, spinal, and gluteus muscles)
- Poor mobility of hip, pelvis, and spine

Your hips are meant to work together with the movement of your pelvis and spine. Prolonged sitting over weeks, months, or years can limit your hip flexors muscles leading to imbalances and restrictions that affect mobility in one or all of these areas. These changes affect the natural movement of the hip joints, which in turn cause the pelvis to tilt, altering the posture of your spine and contributing to the development of low back pain.

### How To Know If You Have A Tight Hip Flexor.

**Tightness or an ache in your lower back:** Backache or stiffness is especially noticeable when trying to stand up straight.

**Tenderness when pressing into the hip flexor muscles:** When lying down, the muscles should be relaxed and pain-free. Touching or pressing that causes tenderness or pain may mean a tight hip flexor.

**One foot tends to rotate out more when walking:** If one of your feet seems to face outward more than the other, it could signify that side of your body has a tighter hip flexor.

**You feel a pinch in the hip joint when bringing your knee to your chest:** Tight hip flexors cause a forward rotation of the pelvis, which closes off the joint space in the hip socket, and reduces the hip's range of motion moving into flexion. As a result, you'll get a pinch when drawing one of your knees towards your chest.

**You feel popping, clunking, or clicking in the hip when moving your leg.**

(continued inside)

# THE MAIN WAYS ISSUES IN THE HIPS CAN LEAD TO BACK PAIN

*(continued from outside)*

Your hips are a significant part of the system of overlapping segments connected via our joints (the kinetic chain). This interconnected system functions whereby movement at one joint affects movement at another joint, or a weakness in one area leads to compensation in another. This system must work together for your body to function correctly. When one part of the kinetic chain - the hips - is out of balance, stress is placed on another part - the back. In some cases, a weakness in the hip muscles will lead to restrictions in the back motion, thereby making you more susceptible to pain or injury.

The bottom line, if you are experiencing back pain, lack of movement in your hip may be the culprit. Prolonged positions (i.e., sitting at a desk all day) can lead to restrictions in the hip joint, resulting in the muscles surrounding your hips becoming tense and painful. When your hip function is abnormal, the mechanics of your lower back may be altered, causing pain in both regions. If you notice that you are feeling tight or stiff in the hip, pelvis, or spine areas, don't hesitate to contact us as soon as possible to find relief!

**How physical therapy can help.** Our physical therapists can help in a variety of ways. Initially, we will start with a hands-on evaluation and movement assessment to identify what part(s) of the kinetic chain may be contributing to your pain. This will consist of a thorough history and physical examination to understand the

specific movements and positions you need in your everyday life and how each joint functions with the whole system.

Our movement screening and postural analysis will help to identify any changes in the functioning of your spine (i.e., an increased lower back curve or abnormal pelvic tilting). These would indicate a dysfunctional kinetic chain and point us to the areas that need our intervention. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any pain relief technique at our disposal.

Our targeted manual techniques and specific stretches are used to alleviate the tension of a tight muscle, leading to more significant improvements in range of motion. Once the tight hip, pelvis, and spine muscles are released, strengthening will help ensure the system's health and function.

If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it originates from your hips, you will benefit from consulting with one of our physical therapists.

**Request an appointment at Prairie Rehabilitation today!** Our mission is to help relieve your painful back symptoms while improving your hip mobility, strength, and function. Call Prairie Rehabilitation today to start your first steps toward relief!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7685385/>  
[https://journals.lww.com/nsca-jscr/Abstract/2019/09000/Effects\\_of\\_Myofascial\\_Trigger\\_Point\\_Release\\_on\\_18.aspx](https://journals.lww.com/nsca-jscr/Abstract/2019/09000/Effects_of_Myofascial_Trigger_Point_Release_on_18.aspx)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2699456/>

## SCHEDULE AN APPOINTMENT AT A CLINIC NEAREST TO YOU!

### 3 Tips to Improve Nutrition in the Fall

What do you think of when you hear the word fall? Crisp refreshing days? Bonfires and changing leaves? Pumpkin carving? What if you were to focus on your nutrition this fall? The food we eat has a significant impact on several elements of our health, particularly our heart health. Obesity, weight gain, physical inactivity, stress, high blood pressure, high cholesterol, and obesity all increase the risk of heart disease and other cancers. Considering the importance of nutrition, it's never the wrong time to think critically about your diet. At Prairie Rehabilitation, we know that fall can be busy, which is why we want to give you a few simple tips on how to improve your nutrition this season.

**1. Try to eat more root vegetables.** The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients. Many root vegetables are high in folate, which is essential for cell growth and metabolism!

**2. Make a hearty soup.** Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time. When it comes to recipes to try, your options are virtually endless.



There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

**3. Select leaner sources of protein.** Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers? So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact Prairie Rehabilitation today. We can help you develop an exercise and nutrition plan that works for you needs.



# Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023.

Have you undergone surgery recently? Call us today at a clinic nearest to you to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

## HEALTHY RECIPE

### Hearty Tomato Soup with Beans & Greens



#### INGREDIENTS

- 2 (14 oz) cans low-sodium hearty-style tomato soup
- 1 tbsp olive oil
- 3 cups chopped kale
- 1 tsp minced garlic
- ½ tsp crushed red pepper (Optional)
- 1 (14 oz) can no-salt-added cannellini beans, rinsed
- ¼ cup grated Parmesan cheese

#### INSTRUCTIONS

Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1 to 2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2 to 3 minutes. Divide the soup among 4 bowls. Serve topped with Parmesan.

<https://www.eatingwell.com/recipe/269888/hearty-tomato-soup-with-beans-greens/>

## PATIENT SUCCESS SPOTLIGHT



### "I'm so happy with Prairie Rehabilitation!"

*"I've seen significant improvement in my neck, back, arms, and headaches in just a few visits! I honestly didn't think it was possible. I'm so happy with Prairie Rehabilitation!" — Binasa D.*

## HOME EXERCISE

Strengthens hips



### HIP ABDUCTION (QUADRUPED)

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.



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

## ASSESSMENT

FREE



BIG

DEAL

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

Offer expires 11/01/22

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