

# Newsletter



## Spring Back To Life

**HAYMARKET**  
PHYSICAL THERAPY, LLC  
*Results you can feel, from a team you can trust.*

**Bealeton:** 540.952.0138

**Bristow:** 571.832.2342

**Gainesville:** 703.570.1633

**HAYMARKETPT.COM**

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## Our Mission

*To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.*

## Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Personal Training
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

## Contact Us

*We are here for you. Give us a call today to start your healing journey.*

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## Is Back Pain Slowing You Down?

### Physical Therapy Can Help!

Back pain can be one of the most debilitating conditions, affecting up to 80% of the population at some time in their life. Unfortunately, some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction and even nerve damage. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. The good news is that with guidance from your physical therapist you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

### What We Know About the Causes of Back Pain

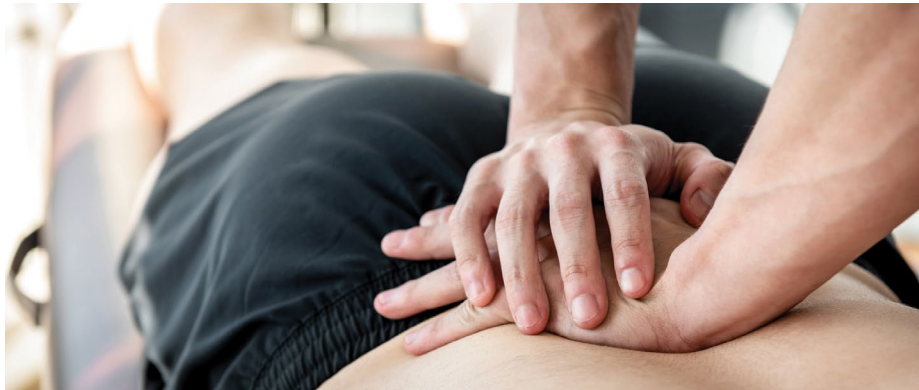
Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments and other soft tissue.

#### The contributing factors often associated with back pain are:

- Improper posture or prolonged positions (i.e. prolonged sitting)
- Spinal muscle and tissue damage (i.e. lifting strains or trauma from accidents)
- Limited hip, spine and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e. compensations due to injury)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

# An Effective Back Pain Solution



*You're in luck: For most people, back pain resolves on its own. And for those that continue to experience pain, physical therapy can help.*

According to research on back pain, physical therapy treatments are effective for acute and chronic conditions. 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 address all of the causes.

We 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.

## Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

### Limit Sitting For Too Long

Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

### Use Good Posture

Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders and neck aligned.

### Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train the muscles of your hips, pelvis and spine — your core muscles.

### Call our clinic today

Visit a physical therapist 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!

Sources: • <https://pubmed.ncbi.nlm.nih.gov/30252425/> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://pubmed.ncbi.nlm.nih.gov/29602304/> • <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/> • <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/> • <https://pubmed.ncbi.nlm.nih.gov/27285608/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2200681/> • <https://www.health.harvard.edu/pain/dont-take-back-pain-sitting-down>

# 7 Tips To Avoid Aches & Pains In The Garden

1. Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
2. Change positions frequently to avoid stiffness or cramping.
3. Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
4. If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
5. If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
6. Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
7. End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.



## Staff Spotlight

**Nikki Waters, PT, DPT, CMTPT**

**Physical Therapist and Director of Rehabilitations | Bealeton**

Dr. Nikki Waters PT, DPT, CMTPT is immensely passionate about working in outpatient orthopedics to help patients restore independence and minimize pain. She especially likes to work with patients who have undergone surgical repairs and those that require assistance with balance. Dr. Nikki uses a hands-on, individualized approach to treat a wide variety of orthopedic conditions and help patients achieve their personal goals.

Dr. Nikki is a Virginia native who first felt passion for physical therapy after undergoing two ACL reconstructions in high school. She grew up in Manassas, VA where she attended Osbourn High School. She went on to earn her Bachelor of Science degree at James Madison University (go Dukes!) in 2012 and her Doctor of Physical Therapy degree at Marymount University in 2017. Dr. Nikki has since been certified in trigger point dry needling.

Haymarket Physical Therapy is Dr. Nikki's home away from home. She loves the family-like atmosphere and the team she gets to work with every day. She is driven by honesty, teamwork, commitment, and hard work.

When Dr. Nikki is not working in the clinic, she enjoys being with her husband, two children, and dog. She loves to be outside and can't get enough of true crime shows and podcasts. During football season, you can catch Dr. Nikki cheering on the Dallas Cowboys.

## Patient Success

**"I can happily say that I have most of my motion back."**

"I just want to thank the crew at Haymarket Physical Therapy. Dr. Nikki, Sam and Renee are all awesome. I came to them after having a spinal fusion surgery (c3- t1) and I could barely move my neck an inch in both directions. I can happily say that I have most of my motion back and every visit seems to provide more and more pain relief. I am definitely glad I had the surgery and chose Haymarket Physical Therapy for my recovery!" — **C. Griese**



## We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better

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