



Don't Ignore Your Lower Back Pain!

Are you someone who pushes through those mysterious aches and pains that crop up occasionally? Do you just assume your lower back pain will get better on its own? While this can work out, it's not a guarantee. If you're struggling with back pain, make an appointment with Haymarket Physical Therapy and seek the treatment you deserve.

Lower back pain is one of the most common musculoskeletal ailments globally, with an estimated 80% of people experiencing it at some point. But just because it's a common experience doesn't mean it can't cause complications: around 23% of the world's population suffers from chronic back pain, pain that lingers for longer than three months.

The good news is that physical therapy can resolve most cases of back pain through techniques like manual therapy and therapeutic exercise — no surgery or dangerous pain medications required. Even better, our therapists can often help you improve your back strength and mobility so your back functions better than before your injury.

But to get to that point, you have to take the first step and make an appointment with the physical therapists at Haymarket Physical Therapy.

Need a little extra push? Keep reading to learn why you shouldn't ignore lower back pain.

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3 Reasons to Seek Treatment for Lower Back Pain

- 1. It could get worse.** People develop lower back pain for all kinds of reasons. If you suffered a sudden injury, your pain might indeed resolve on its own. But sudden injuries aren't the only cause of back pain. Many people will develop back pain due to prolonged sitting, which can contribute to a weakening of the core muscles that stabilize the spine — and puts undue strain on your lower back. Your pain will never fully resolve until you work to strengthen those muscles and address those postural issues.
- 2. It could indicate a serious underlying condition.** Not all back pain results from an injury or poor posture. Certain medical conditions, such as spinal fractures, osteoarthritis, and ankylosing spondylitis, can all cause back pain. If left untreated, your symptoms will get worse, and they might bring friends, such as restricted mobility or additional complications. Our team of physical therapists can help you determine the exact cause of back pain and suggest appropriate treatment methods. If you have developed a chronic condition, we can help you manage your symptoms and work with you to delay the disease's progression.
- 3. You deserve a pain-free life.** Back pain may be common, but it can also be debilitating. Intense, persistent pain can keep you from staying active, which only worsens your symptoms and delays healing. It's a vicious cycle that keeps you from fully enjoying your life. Rather than waiting for your pain to resolve, take a proactive approach with physical therapy. We'll give you the tools to build strength, improve your posture, and get moving — so you can experience lasting back pain relief.

How Does Physical Therapy Help with Back Pain, Anyway?

When it comes to back pain, movement is definitely the best medicine. Research repeatedly shows that regular exercise can reduce back pain and keep it from occurring.

The problem is that exercise might feel like an impossibility when you're in pain. That's why physical therapy is such an excellent treatment option: we make movement the center of our treatment.



Once you've decided to not ignore your back pain, give Haymarket Physical Therapy a call. Here's what we'll do to help you find relief:

- **Find the cause.** Our in-depth physical assessments will help us identify precisely why you're experiencing back pain, allowing us to develop a customized treatment plan.
- **Manage pain.** We offer several drug-free techniques for managing pain so you can get moving again. Manual therapy, gentle mobilization exercises, and pain-relieving modalities can get you started.
- **Get moving.** We'll provide a tailored exercise program that suits your needs, interests, and ability levels. We can also help you strengthen your core muscles, ensuring your spine is well supported.
- **Prevent future pain.** We'll also help you avoid future incidences of back pain by instructing you on proper lifting techniques or offering ergonomic suggestions for your workspace.

Today's the Day to Stop Ignoring Your Back Pain!

Want to take action? The first step is simple: call Haymarket Physical Therapy to schedule an initial consultation. Then wave your back pain goodbye as you embark on a journey to long-term relief!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/> · <https://pubmed.ncbi.nlm.nih.gov/32669487/> · https://www.physio-pedia.com/Low_Back_Pain

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Our Patients Get Results



"I had no idea there was a physical therapy place in Bealeton! They have been great here. They're friendly, they listen to all your questions and concerns, and I like their approach to physical therapy. From just my first couple sessions I'm very confident Haymarket Physical Therapy in Bealeton is going to be a great help. I highly recommend them." — S.M.



Results you can feel, from a team you can trust.

Our Mission

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



Healthy Recipe

Vegan Greek Sheet Pan Dinner



Ingredients:

- 2 tbsp olive oil
- 1 lemon, juiced
- 4 cloves garlic, minced or pressed
- 1 tbsp dried oregano
- 1 tsp dried basil
- 2 tsps Dijon mustard
- ¾ tsp salt
- ¼ tsp black pepper
- 1 (350g/ 12.3oz) block extra-firm tofu, drained, and torn into bite-sized pieces
- 1 medium zucchini, sliced
- 1 bell pepper, sliced
- 1 medium red onion, thickly sliced
- 1 pint grape tomatoes, left whole
- ½ c kalamata olives
- ¼ c vegan feta, crumbled
- Optional for serving: cooked rice, warmed pita bread, vegan tzatziki, hummus, roasted potatoes, fresh oregano, or parsley

Directions: Preheat the oven to 400°F (200°C). In a small bowl, add all of the Greek seasoning ingredients, stir and set aside. On a large baking sheet, spread the tofu, zucchini, bell pepper, red onion, and cherry tomatoes. Drizzle the Greek seasoning mixture over top and use your hands to toss the ingredients well until everything is well coated in the seasoning. Bake for 35-40 minutes, stopping to stir halfway through, until everything is cooked and golden brown in some places. Remove from the oven then sprinkle over the olives and vegan feta. Serve hot alone or with cooked rice, warmed pita bread, vegan tzatziki, hummus, roasted potatoes, fresh oregano, or parsley, if desired.

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