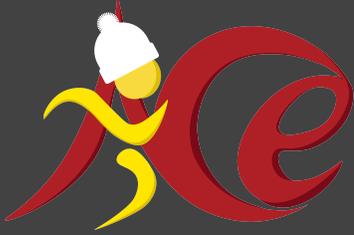




Happy Holidays



One of the greatest joys of this season is the opportunity to express our sincere appreciation to thank you for your loyalty and trust in our practice.

At the close of another year, we are excited to announce the release of our first newsletter. All of them will provide information to guide you towards a better quality of life.

As we look back over 2019, many lessons were learned that we have to be grateful for. We take pride with grateful heart to have served you.

In the Spirit of the Holiday Season, we pause to wish you the gift of love, peace and good health.

All the best of this season and holidays, Family Blessing to All.

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NEWSLETTER

NO SNOW DAYS FOR **BACK PAIN**



Low back pain can be caused by many winter activities such as snowboarding, shoveling the snow, putting up holiday decorations, and even just slipping and falling on ice. This newsletter focuses on back pain and how to avoid it by showing you what precautions you should take, exercises you can do and how to properly enjoy this winter season pain-free.



Be prepared for this holiday season and avoid sustaining low back pain. Low back pain is the most common reason for a doctor's visit during the winter season. Causes of back pain is over-stretching the muscles or ligaments. To minimize the risk of back injury, you should do low back stretching (keeping your back limber), strengthening your core muscles (provides spinal stability), always observe proper posture and body mechanics which is tucking your tummy in, bending your knees to lower your center of gravity, switching the shovel to a different hand periodically, when turning rotate simultaneously with your hips, try to use shoes with a good rubber grip and always pace your activities to avoid overuse of muscles.



Please be mindful of these preventive measures to avoid any issues later. If you develop low back pain, we can help. Please call **ACE Physical Therapy and Wellness Center**.



DID YOU KNOW?

Back pain accounts for more than **264** million lost work days in one year—that's two work days for every full-time worker in the country.¹



Postures and Exercises

At the ACE Physical Therapy and Wellness Center, we want you to maintain the right spinal alignment on a daily basis. In the winter time we don't exercise as much, we tend to have poor posture while shoveling, and even the unexpected slips and falls on ice are few of the many factors that strain the lower back. The severity of low back pain can range from mild to severe. It is important to keep the spine healthy and in good shape.

The secret to regaining a normal, functional spine is training the muscles of the lower back and strengthening them to keep a healthy posture. Strong and supple muscles will keep the lower back in good shape for a long time. In this second part of this newsletter we have included an exercise for the lower back that can assist in restoring the spine or getting it closer to its original, painless and functional state. For more information, check out the ACE Physical Therapy [journal](#).

Train Your **Muscles**, Maintain a **Healthy Posture**



- Lower arm should extend horizontally
- The knee-hollow should not touch the edge of the chair
- Lower back should be sufficiently supported
- The display should be on a natural height
- Elbows should be supported by the armrests of the chair
- Feet should lie flat on the ground

If you suffer from a **bulging** or **herniated disc**, here are some that your healthcare professional will help you focus on:

- **One:** mobilize the back
- **Two:** align the back
- **Three:** decompress the spine
- **Four:** strengthen the muscles of the back
- **Five:** Maintain a healthy diet!

Remember exercising on a regular basis is the first and most important step in treating lower back problems.

TRY THIS EXERCISE



Photo by Li Sun from Pexels

HAMSTRING STRETCH

- Lie down flat on your back and lift up your left leg as far as possible without bending the knee.
- Now fold your hands behind the knee. Pull towards your chest.
- As soon as you feel resistance and tension, stop pulling. Keep that position for a few seconds, then pull a little bit further and maintain that position for a few seconds. Then lower the leg back to the floor. Hold for 20 sec and repeat 3 times.
- Repeat the same steps with your other leg.