

Do You Have Difficulty Walking Due To Back Pain?



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Do You Have Difficulty Walking Due To Back Pain?

Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, physical therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our physical therapists are an excellent resource for managing your back pain and difficulty walking.

Call Choice Therapy today for our comprehensive assessment of your back and your gait! We can be a helpful tool in getting you back on your feet.

HOW BACK PAIN AFFECTS YOUR GAIT

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common to interfere with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how you also walk changes. When you are in pain, you tend to walk "out-of-phase," meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.

At Choice Therapy, our physical therapist can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

HOW PHYSICAL THERAPY CAN HELP

When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Physical therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapist will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

WHAT TO EXPECT AT PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk.

When you are experiencing recurring back pain—especially if you are experiencing back pain while walking—you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

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4 Strategies Your Therapist Will Teach

1. **Standing tall whenever you are standing or walking.** Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.
2. **Making sure that you are wearing suitable types of shoes.** The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.
3. **Trying a custom insert in your shoe.** Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.
4. **Changing "how" you walk.** Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.
5. **Working with a physical therapist** to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What's more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Sources:
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Staff Spotlight TJ Knowles

TJ Knowles is an employee that exudes the values of Choice Therapy. Whether it's hearing him in the gym with a patient providing exceptional service by fully listening to the patient and interacting with them completely going above and beyond to exceed their expectation by making sure they know he's working for them. TJ is an active member of Young Professional Network, and has been on the Health and Wellness Committee here at Choice Therapy for the past few years. On top of being a loving husband and busy dad of 3 boys, TJ also finds time to volunteer at several local events giving back to the area communities. Choice Therapy is lucky to have TJ and his caring personality.



Scan the QR Code to visit our website to schedule your next appointment today!
www.choicetherapy1.com

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The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care option to meet your goals. You have the right to choose your therapy provider. We want to be YOUR CHOICE.

Ask for Choice Therapy. Call today to schedule your appointment! (218) 377-7341



PROTEIN PB&J SMOOTHIE BOWL

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>



3 Simple Ways To Make Hydration A Habit

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Drinking enough water each day is crucial for a variety of reasons. Drinking water helps regulate body temperature, lubricates joints, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Hydration also improves sleep quality, cognition, and mood.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. *If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.*

1. Drink A Glass Of Water First Thing In The Morning.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.

To make things easier on yourself, try placing a glass of water on your nightstand the night before, so you can start drinking immediately in the morning!

2. Add Fruits Or Vegetables To Your Water.

If you're the type to complain that water tastes too plain, know that

there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

3. Set Reminders On Your Phone To Hydrate.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.

Choice Therapy Specialties

Treating Adults & Children



Physical Therapy - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



Occupational Therapy - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



Speech Therapy - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!