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NEWSLETTER



THE IDEAL TREATMENT FOR LOW BACK PAIN

TREATING LOW BACK PAIN BEFORE, DURING, & AFTER HUNTING SEASON



► Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point in their life. For some, the lucky ones, perhaps, the pain is just for a day or two as a result of a particularly grueling day of yard work or a slip-and-fall accident that landed you flat with bruises to prove it.

For others, the low back pain is something that lingers for years and years, getting worse as a result of improper footwear or particularly unsupportive furniture, and never really healing or going away.

It is estimated that one-half of all Americans experience lower back pain annually, and it is considered to be the leading cause of workplace disability worldwide—not just in the United States. It is also one of the most common reasons that people miss work, and is the second most common reason that people visit the doctor's office. When you put those two facts together, the cost of dealing with lower back pain really starts to add up.

The average annual cost of dealing with back pain in the United States is \$50 billion dollars. Unfortunately, a lot of those financial resources go into dealing with back pain through pain

management and medication, but that is not an effective long-term solution for dealing with back pain. A far healthier and cost-effective solution is through physical therapy.

LOWER BACK PAIN IN THE UNITED STATES

According to the National Institute for Health, the rates of low back pain have been steadily rising in the United States over the past 20 years. The study was conducted by medical researchers at the University of North Carolina at Chapel Hill. Researchers consulted with members of the North Carolina community who experienced back pain to understand what caused their pain, how frequently they experience the pain, and what the severity of the pain is like.

They found by talking with household members across the state that the incidence of lower back pain has increased significantly since the last time this survey was conducted, which was in 1992. Since 1992, the percentage of people coping with lower back pain increased from just over three percent to well over ten percent. This is a significant finding, especially when it was found that the increase in lower back pain remained constant across demographics.

A further interesting finding is that of those who experience lower back pain, eighty four percent opted to seek medical treatment to address the pain, which was an increase of more than ten percent

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ATHLETIC TRAINING: SPORT CONCUSSIONS

Statistics show that 10-30% of athletes in youth sport will suffer a mild traumatic brain injury (i.e. concussion) during their sport season. Making an appropriate diagnosis and knowing when an athlete has fully recovered is critical in managing these injuries.

Through our Complete Concussion Management program, we offer the highest level of concussion care to athletes of all ages. As part of this commitment, we have implemented evidence-based multimodal baseline testing, along with guided return-to-learn, work and play protocols. The program is designed to work in conjunction with each athlete's school, parents, trainers, coaches, and family doctors. By working together with all those involved, we are able to ensure that athletes are being managed properly each and every step of the way.

In most cases, if managed properly, concussions are completely recoverable. But if the athlete is allowed to return-to-play too early, another concussion suffered during a vulnerable state can lead to the possibility of long-term consequences. Fortunately, clinical tests, such as comparison to a multimodal baseline, can help us to understand if an athlete is safe to return-to-play. There is no need for MRI's and CAT scans because concussion is a functional injury, and can't be seen on imaging.

Our multimodal baseline test evaluates an athlete's memory, concentration, visual processing, reaction time, balance, motor strength and neurocognitive abilities.

Knowing what an athlete is capable of in a healthy state, allows us as practitioners to make better decisions regarding recovery and when it is safe for the athlete to return to their sport after a concussion. Under our care, an athlete is not allowed to return-to-play until they are able to accurately match their baseline test scores, along with completion of a physical exertion test. If you are interested in protecting our youth from concussions, contact us to learn more or better yet, schedule your child or team for baseline testing.

For more information about baseline testing, contact us. Schedule your appointment by calling 701.483.1000 or visiting our website at Therapy-Solutions.net today!



LOW BACK PAIN AND HUNTING, CONTINUED

in 1992. This means that while more people are experiencing back pain, more people are also seeking treatment for that pain, though there is still an approximate 15 percent of the population who are coping with severe lower back pain without treatment. For those, seeking support from a physical therapist could significantly improve quality of life.

LOWER BACK PAIN AND PHYSICAL THERAPY

Physical therapy is a great resource for lower back pain because it addresses the cause of the pain, rather than simply attempting to hide the symptoms. Working with a physical therapist can help you to experience improved range of motion, to restore strength to muscles in your lower back that may have experienced atrophy through lack of use, and also reduce tension in your lower back muscles through targeted massage.

When working with a physical therapist, you may also be guided through different lifestyle changes that you can make that can help you begin to overcome your back pain with everyday activities. This can include:

- ▶ Making changes to the type of shoes that you wear so that your back is getting more support with every step. Sometimes, using special insoles can significantly improve your back pain.
- ▶ Adjusting your sleeping habits, or perhaps investing in a new mattress so that your back has more support at night.
- ▶ Using more lumbar support at work or on your commute by using a special chair or chair cover.

Lower back pain not only hurts but is frustrating as well. You don't need to deal with it any longer. Reach out to your physical therapist for information and support overcoming lower back pain, and finally find long-term relief.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

Therapy Solutions
TAKE YOUR LIFE BACK.

STAFF SPOTLIGHT: MEET OUR MENTAL HEALTH AND SPEECH THERAPY STUDENTS

► Therapy Solutions is committed to providing professional mentorship to students working on getting their degree. Our investment in student learning is important to us. We are blessed to be able to influence and mentor our future therapists. This fall we have 2 mental health therapy students joining our team from September to April. Meet Bobbie and Amanda!



Bobbie Johnson is in the University of Mary's, master's degree program, for mental health counseling. She has past work experiences as a high school health science teacher and various medical settings as a registered nurse. She also served in the Army as a medic. She is currently employed as the Dickinson High School Community Outreach Coordinator. She is married to Chris Johnson, and they have a fifteen-year-old son, Isaac. Bobbie is from Dickinson. Once graduated, her goals are to gain experience as a family and marriage counselor, training for children with attention deficit hyperactivity disorder, and specialize in narrative therapy. She went into counseling with the aim of meeting others where they are at in life and helping them learn tools to get them where they want to be in their journey. Bobbie enjoys going for walks, reading, listening to music, and spending time with her family and friends in her free time.

Amanda Ellerkamp is pursuing her master's in counseling thru the University of Mary, with an emphasis in clinical mental health and Catholic anthropology. She has worked as a high school religion teacher for 15 years and will be providing school-based mental health counseling at Trinity Junior High & High School. Amanda and her husband Paul have lived in Dickinson for 15 years and have 5 children. She is excited to help meet the counseling needs of adolescents in our area. In her free time, Amanda enjoys spending time with family and friends, going on walks with her dogs and reading.



This summer we had an opportunity to mentor a speech therapist. Haley Rodakowski was with us in June and July. Haley is in the University of Mary's master's degree program for speech language pathology. She has past work experiences at Red Door Pediatric Therapy where she worked as a tutor for children with dyslexia,

Poppys Promise where she was a respite care worker for children with special needs, and ABE Inc. where she worked as a respite care worker for adults with special needs. Haley is from Dickinson. Once she graduates, Haley hopes to become a pediatric based speech pathologist. Haley's hobbies include spending time with friends and family, reading, and bike riding. Haley's favorite aspect of working at Therapy Solutions this summer was the friendly atmosphere and how easygoing her mentor was.

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