



NEWSLETTER

OCTOBER 2022

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Therapy Solutions!

CLIENT SUCCESS SPOTLIGHT

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Proven Treatments for
*Low Back
Pain Relief*

PROVEN TREATMENTS FOR *Low Back Pain Relief*



Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At Therapy Solutions, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

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. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At Therapy Solutions, we are experts at treating lower back pain

and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

LOWER BACK PAIN IN THE UNITED STATES

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

The health-care costs for adults with spinal problems have been progressively increasing and were estimated at over \$6000 per person with chronic lower back in 2005, with a total cost of \$102 billion. Unfortunately, many 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 further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

HOW PHYSICAL THERAPY CAN HELP YOUR BACK PAIN

Physical therapy is an excellent 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 experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results.

Physical therapy treatments that are most effective for lower back pain include:

- ▶ Manual therapy
- ▶ Joint mobilization/manipulations
- ▶ Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- ▶ Education and instruction for understanding what helps and what hurts
- ▶ Addressing the fear some may experience related to back pain
- ▶ Techniques like the McKenzie Method and Therapeutic Yoga

Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

WHAT TO EXPECT IN PHYSICAL THERAPY

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam.

The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences.

CONTACT US FOR AN APPOINTMENT

At Therapy Solutions, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities. Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

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

HOW SPEECH THERAPY CAN HELP YOU

Speech and voice disorders are more common than you may believe. They can appear gradually or as a result of an injury or neurological condition.

Some of the most common speech and voice disorders are listed below. If you recognize any of these conditions, it's a good idea to seek the advice of a professional.

▶ **Dysarthria.** This is a symptom of nerve or muscle damage. It shows itself as slurred or slow speech, abnormal pitch when speaking, voice quality changes, and difficulty articulating words.

▶ **Apraxia of speech (AOS):** A condition that occurs when the neural pathway between the brain and a person's speech function (speech muscles) is lost or obscured. Even though you might know exactly what you want to say, your brain is unable to send the right messages so that speech muscles can do their job.

▶ **Aphasia.** This is a "loss of language," and it affects a person's ability to communicate on many different levels. Expressive aphasia marks difficulty in finding words, forming phrases and sentences. This can additionally affect a person's ability to write. The National Institute on Neurological Disorders and Stroke estimates that one million Americans have some form of aphasia.

▶ **Stuttering.** The causes of stuttering are mostly unknown, although it can be linked to genetics. If stuttering begins to impact everyday activities, or is triggered by certain tasks (like talking to someone new), this is a sign that a person has a speech disorder.

▶ **Congenital Dysphonia.** A condition resulting from masses or lesions or structural abnormality to the vocal folds or surrounding areas.

▶ **Spasmodic Dysphonia.** This is when vocal folds are open or closed too much, affecting the vibration pattern for speaking. Patients have a strained or "squeezed" quality. It occurs when a person makes an effort to gain loudness.

HOW WILL THERAPY AT THERAPY SOLUTIONS HELP?

Our specialized speech therapy programs at Therapy Solutions can help with any speech or voice disorder. Our clinic offers specialized therapeutic intervention that is tailored to an individual's speech, voice, language, or swallowing requirements.

Following your initial consultation with your therapist, they will be able to make a proper diagnosis (if one has not already been made prior to your appointment) and discuss various treatment options with you.

To learn more about our speech and voice therapy services, contact our office today. We're ready to assist you in making a change!

BOSS'S CORNER



Greetings! As some of you begin another school year, whether it's a first time parent sending a child to preschool or maybe getting ready for their child's last year of school, it signals an end to summer and the start of the fall season.

I love the fall, well the whole week that we get here in North Dakota anyway. The cooling temperatures, the beautiful sunsets, and of course not having to mow the lawn as often. Our group here at Therapy Solutions were able to get together for our annual BBQ in August.

It just so happened to be the hottest day of the year, thank goodness for lawn sprinklers for the kids. It's always fun to watch our work families come together to laugh, pick fun at one another, and enjoy some needed conversation away from work. — **Jared**

CLIENT SUCCESS STORY

"Wonderful caring team. Whether you're there for physical therapy or mental therapy. Truly a caring staff. I wouldn't go anywhere else."

— **Diana H.**

Therapy Solutions
TAKE YOUR LIFE BACK.

STAFF SPOTLIGHT



Jennifer Rosario (Mental Health Counselor) presented to the Dickinson Rotary Club on August 24th. She shared many of the amazing ways Therapy Solutions is supporting individuals going through trauma and other life events.



Victoria Kuntz (Athletic Trainer) is pictured with members of the Big Sticks collegiate baseball team. It is always sad to say goodbye to the summer season, but Victoria is shifting her focus to our local school contracts for the fall sports season.