



[FREEDOMREHABAQUATIC.THERAPY.COM](https://FREEDOMREHABAQUATIC.THERAPY.COM)

# Don't Ignore Your Back Pain



— FREEDOM REHAB —  
AQUATIC THERAPY AND BALANCE CENTER

## INSIDE

Importance of Physical Therapy  
Healthy Grocery Shopping Tips  
Free Workshop: Weight Loss for Freedom



# Don't Ignore Your Back Pain

## Injuries are a real pain in the back.

The back is one of the most vulnerable parts of the body. You rely on it so heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk. It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident. It is at risk when you are safely at home on your couch or at the office, where you are likely scrunched over and not caring one bit about your posture. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone isn't sitting right is something that not many people are going to deal with for too long before seeking medical attention. Yet when pain begins in the back, it is almost normal to ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

## Understanding Back Pain

Back pain may be common, but it is absolutely not normal. There are actually a lot of serious conditions that can cause your back to begin

to hurt, and it is smart to have your back looked at by a physician early on so that you know exactly what is going on with your body from the get-go.

Once the cause of your back pain is determined, your physical therapist will be able to identify the best treatment options for your body's needs. This will likely include the following:

- Gentle therapy, including specialized stretching techniques to correct pelvic alignment issues and release pressure from nerves which can be the cause of your pain.
- Simple exercises to improve range of motion, help with stability of the back and pelvis and increase flexibility. These will take into account your pain levels and any specific injuries present.
- Supportive treatments to reduce inflammation and promote healing.
- Support and guidance with a custom home exercise and stretching routine to create lasting change.

Attempting to undertake any of these changes on your own after you've experienced a back injury is both dangerous and not recommended. Working with a licensed and experienced physical therapist can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you attempt to heal the cause of your back pain.



**1. Feel free to call us and ask to speak to your therapist.**



**2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.**



**3. If further assessment is warranted, your therapist might recommend you come in for an appointment.**

**Call Freedom Rehab Aquatic Therapy to schedule your appointment today!**

# Community Calendar

## Mix And Mingle Splashing To The Oldies (Free)

First Wednesday of Every Month

5:30PM - 6:30PM

Have fun and listen to your favorite music while you get a total body workout. Registration is required. Must be able to enter and exit the pool independently.

## Poker Pals (Free)

Second Thursday of The Month

5:30PM - 6:30PM

Cards, tables, and light refreshments provided for you and your friends to play your favorite game! Registration is required.

## Pain Management Skills For Life Group (Free)

Second Sunday of The Month

2:00PM - 3:00PM

Learn coping skills for the best way to navigate the difficult road of chronic pain. Listen and learn pain management strategies from skilled and licensed physical and occupational therapists. Light refreshments provided. Registration is required.

## Splashing Bingo (Free)

Third Saturday of The Month

4:30PM - 5:30PM

Come make a splash in the pool as you hone up your bingo skills! All play in the pool. Play for quarter prizes. Must be able to enter and exit the pool independently. Registration is required.

## Monthly Educational Series (Free)

Third Sunday of The Month

2:00PM - 4:00PM

Come see where Freedom Rehab Aquatic Therapy and Balance Center provides rehabilitation to our community to help them reach their physical goals.

## Open House Clinic Tours (Free)

Last Sunday of The Month

2:00PM - 4:00PM

Come see where Freedom Rehab Aquatic Therapy and Balance Center provides rehabilitation to our community to help them reach their physical goals.

# Refer A Friend Today & Receive One Free Massage!



**FREEDOM REHAB**  
AQUATIC THERAPY AND BALANCE CENTER



## Success Spotlight

*"I love aquatic therapy. Love Brenda, she is wonderful. If it were not for her, I would not be able to maintain and function with my fibromyalgia and back issues. My mom would never be able to do things, she has given us our lives back. I recommend going to her. Loving, caring environment. She truly cares for her patients."*

- Mary Ann W.

**\*Masks and temperature checks required.**



# Importance of Physical Therapy

1. **Reduction of pain and stiffness.** By using passive treatments such as manual therapy, our physical therapist will help alleviate pain in the affected area and accelerate the healing process.
2. **Development of strength.** Our physical therapist will create a specific exercise plan for your particular needs, which will aid in the strengthening of muscles in the affected area.
3. **Improvement of range of motion.** Our physical therapist will implement flexibility exercises into your treatment plan, which will help increase the range of motion in your back and neck.
4. **Prevention of further issues.** By learning proper body mechanics, you can avoid future injuries and prevent pain from recurring.
5. **Improvement of overall quality of life.** Physical therapy can help you return to your normal routine much quicker, allowing for an overall improvement in the quality of life.

Why wait to begin your physical therapy treatments? Give our office a call at (941) 400-1505 today and begin your journey toward long-lasting pain relief!

# Healthy Grocery Shopping Tips



1. Shop the perimeter of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk foods lurk.
2. Choose "real" foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.
3. Plan ahead for success. Before you set out for the market, plan your meals for the week, and create a list to shop from. It takes a few minutes, but saves time in running back to the store for missing ingredients.

# Exercise Essentials



## Tandem Stance

Stand with one foot directly in front of the other so that the toes of one foot touch the heel of the other. Maintain your balance.



Exercises copyright of  
[www.simpleset.net](http://www.simpleset.net)

## Free Workshop: Weight Loss for Freedom

**Date: December 20th at 2:00 P.M**

Are you frustrated with your extra pounds and wish there was a simple, fun, and gentle way to break free from what is weighing you down?

Freedom Rehab Aquatic Therapy And Balance Center is holding a workshop to not only provide useful tips and tricks on nutrition, losing weight and the right ways to exercise, but we are also going to demonstrate our highly effective Weight Loss for Freedom water aerobics and land strengthening hybrid weight reduction program. Not only will you have great info and a demonstration, you will also leave with an aquatic exercise home program you can do in your own pool!

### Some of the program highlights are:

- Why you should mix strengthening and cardio
- The health benefits of aquatic exercise
- How to lose weight in 3 simple steps
- 10 ways to lose weight without dieting
- A 5- day healthy meal plan for weight loss
- What a water aerobics session will entail

### Home exercise program you can do in your own pool:

Do not miss your chance to observe a water aerobic session designed by a licensed therapist and learn everyday strategies to live a healthier, more active life- style.

Call Freedom Rehab Aquatic Therapy today at 941-400-1505 and reserve your spot at our clinic located at 17162 Toledo Blade Blvd Port Charlotte. Just .2 miles from US 41. Pre-registration is required. Light refreshments will be served.