


# The METRO SPORTSMED SUMMER NEWSLETTER August 17th, 2009

Tuesday, August 18, 2009

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**METRO SPORTSMED®**  
Physical & Occupational Therapy

Studies indicate that between half and three quarters of the population will experience spinal symptoms at some time in their adult life. In fact, the most common cause of disability in the population under the age of 45, is **low back pain**.

In this issue, the **METRO SPORTSMED®** Physical and Occupational Therapy will present information on the common causes, treatments, and pointers on alleviating low back pain.

Thank you again for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team  
[www.metrosportsmed.com](http://www.metrosportsmed.com)  
718.METROSPORTSMED  
718.638.7677

## Living With Low Back Pain

Healthcare reform has been a hot topic in recent weeks.

As the United States struggles to lower health care costs, the financial impact of low back pain cannot be overlooked. Although it does not dominate the news, Americans spend at least \$50 billion each year on low back pain, the most common cause of job-related disability and a leading contributor to missed work.

Low back pain is often chronic, and it may affect your daily routine and sleep patterns. In fact, it is estimated that up to 80% of all North Americans suffer from lower back pain at one point or another. If you've experienced this pain, you may be looking for new method of relief.

It's common knowledge that stretching and exercising are great ways to improve flexibility and posture, but did you know that a physical therapist is the perfect professional to teach you the proper techniques to encourage healing and prevent further injury?

Many of us are our own worst enemies, pushing our bodies beyond their limits. Certain activities such as moving furniture, lifting heavy boxes, gardening, or shoveling the driveway can all lead to pain and/or injury to the lower back. Back pain can also occur without overexertion. Staying in the same position for too long is a common trigger. In some cases, low back pain increases with stress and lengthy bouts of inactivity.

If you or someone you know has low back pain, the **METRO SPORTSMED®** Spinal Team can help.

While you wait for your appointment, which we always provide in a timely manner, here is a helpful suggestion. If you find the pain unmanageable in between appointments, you can find short-term relief by laying flat on the floor and placing your feet on a chair. Make sure your shins are parallel to the floor (place a pillow under your ankles if the chair is too low). Staying in this position for 10-12 minutes will ease tension in your lower back. Also, avoid strenuous activity till the pain subsides.



If a slipped disk or other type of problem is the root of your pain, you may have a harder time finding relief at home. In this case, a **METRO SPORTSMED** physical therapist will evaluate you and identify the best course of action. Follow our advice as your expert physical therapy providers and perform the exercises prescribed to you, staying conscious of your physical limitations. **Listen to your body!**

## You're Stronger Than You Think

Chronic pain of any kind can be very demoralizing for some individuals, which is understandable. As dedicated providers, we help you overcome the difficulties associated with chronic pain. **We empower you to lead a normal life again.**

In many cases, you don't need to depend on medications. Believe in yourself and your ability to strengthen your body from the inside out. Uncover your inner power and turn it into valuable energy; you'll be surprised by how much you can accomplish. You truly are stronger than you think. **We help you reach your goals, and are committed to your physical therapy needs.**

**Reduce Pain With Your Therapist..**

## The Jim McLean Invitational Golf Tournament at Quaker Ridge Golf Club, Scarsdale NY

The Society for Golf Medicine and Performance is pleased to announce the Third Annual Fundraiser 9-22-09:



**[For more details please feel free to click here.](#)**

### MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: September 7th, 2009

Time: 7:00-8:00 pm

Place: **METRO SPORTSMED®** Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :  
[jsheinberg@metroportsmed.com](mailto:jsheinberg@metroportsmed.com)

### The Benefits of Aquatic Therapy @ METRO SPORTSMED

- A patient using the Aquaciser receives variable-resistance, low impact aerobic workout.
- The buoyancy of the water helps to decrease the pressure on joints, and allows exercise with less difficulty
- Warm water reduces pain, relaxes muscles, and improves circulation.
- The resistance of water gives the ability to increase strength and endurance as well as to improve balance

and coordination.

- Water exercises allow for cardiovascular fitness and improved muscle tone.

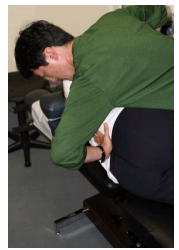
Aquatic Therapy Locations;

Park Slope 263 7th Avenue Suite 2A

Boro Park; 4911 13th Avenue

Williamsburg; 44 Lee Avenue

A physical therapist is a health care professional uniquely qualified and enables you to overcome low back pain. At **METRO SPORTSMED®** Physical Therapy, a treatment may consist of many techniques, including passive modalities like hot and cold therapy, active exercise like stretching / strengthening and manual (skilled, hands on) methods. Depending on the location, type and severity of your pain, we may prescribe gentle exercises and low-impact aerobic conditioning.



The spine is vulnerable to injury. This explains why so many people eventually have back pain. At **METRO SPORTSMED®** our physical therapists will teach you individualized techniques to improve posture (poor posture is a common cause of low back pain) and provide tips to avoid future injury.

Our primary goal is to develop the course of treatment best suited for you. The **METRO SPORTSMED®** Physical Therapy Team **understands low back pain. We want to eliminate your pain and are determined to help you get better faster.** As physical therapists, we study your medical history, onset of pain, activities that trigger pain and suggest home remedies to alleviate pain.

For more information or to schedule an appointment, please call us at:

**718 METRO SPORTSMED (718.638.7634) or dial 718-369-8041**

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**GRAND OPENING!**

**FREE BODY FAT ANALYSIS**

We are pleased to announce the opening of our newest facility in Mill Basin @

**GOLD'S GYM**

6161 Strickland Avenue (off Mill Road)

Stop by a receive 25% off membership pricing!

For more details please contact [jsheinberg@metrosportsmed.com](mailto:jsheinberg@metrosportsmed.com)

or call 718.369.8041

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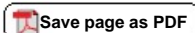
**METRO SPORTSMED's Hand & Upper Extremity Division Expanded**

OT Services now offered at MIDWOOD & BORO PARK locations

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