



JANUARY 2024

# MILLENNIUM PHYSICAL THERAPY

REHABILITATION & WELLNESS



## DON'T IGNORE YOUR LOWER BACK PAIN

Are you someone who pushes through those mysterious aches and pains that crop up occasionally? Do you just assume your lower back pain will get better on its own? While this can work out, it's not a guarantee. If you're struggling with back pain, make an appointment with Millennium Physical Therapy and seek the treatment you deserve.

Lower back pain is one of the most common musculoskeletal ailments globally, with an estimated 80% of people experiencing it at some point. But just because it's a common experience doesn't mean it can't cause complications: around 23% of the world's population suffers from chronic back pain, pain that lingers for longer than three months.

The good news is that physical therapy can resolve most cases of back pain through techniques like manual therapy and therapeutic exercise — no surgery or dangerous pain medications required. Even better, our therapists can often help you improve your back strength and mobility so your back functions better than before your injury.

But to get to that point, you have to take the first step and make an appointment with the physical therapists at Millennium Physical Therapy.

Need a little extra push? Keep reading to learn why you shouldn't ignore lower back pain.

### Three Reasons to Seek Treatment for Lower Back Pain

1. **It could get worse.** People develop lower back pain for all kinds of reasons. If you suffered a sudden injury, your pain might indeed resolve on its own. But sudden injuries aren't the only cause of back pain.

Many people will develop back pain due to prolonged sitting, which can contribute to a weakening of the core muscles that stabilize the spine — and puts undue strain on your lower back. Your pain will never fully resolve until you work to strengthen those muscles and address those postural issues.

2. **It could indicate a serious underlying condition.** Not all back pain results from an injury or poor posture. Certain medical conditions, such as spinal fractures, osteoarthritis, and ankylosing spondylitis, can all cause back pain. If left untreated, your symptoms will get worse, and they might

---

Visit us online [www.trympt.com](http://www.trympt.com) or call today!

bring friends, such as restricted mobility or additional complications.

Our team of physical therapists can help you determine the exact cause of back pain and suggest appropriate treatment methods. If you have developed a chronic condition, we can help you manage your symptoms and work with you to delay the disease's progression.

3. **You deserve a pain-free life.** Back pain may be common, but it can also be debilitating. Intense, persistent pain can keep you from staying active, which only worsens your symptoms and delays healing. It's a vicious cycle that keeps you from fully enjoying your life.

Rather than waiting for your pain to resolve, take a proactive approach with physical therapy. We'll give you the tools to build strength, improve your posture, and get moving — so you can experience lasting back pain relief.

## How Does Physical Therapy Help with Back Pain, Anyway?

When it comes to back pain, movement is definitely the best medicine. Research repeatedly shows that regular exercise can reduce back pain and keep it from occurring.

The problem is that exercise might feel like an impossibility when you're in pain. That's why physical therapy is such an excellent treatment option: we make movement the center of our treatment.

Once you've decided to **not** ignore your back pain, give

Millennium Physical Therapy a call. Here's what we'll do to help you find relief:

1. **Find the cause.** Our in-depth physical assessments will help us identify precisely why you're experiencing back pain, allowing us to develop a customized treatment plan.
2. **Manage pain.** We offer several drug-free techniques for managing pain so you can get moving again. Manual therapy, gentle mobilization exercises, and pain-relieving modalities can get you started.
3. **Get moving.** We'll provide a tailored exercise program that suits your needs, interests, and ability levels. We can also help you strengthen your core muscles, ensuring your spine is well supported.
4. **Prevent future pain.** We'll also help you avoid future incidences of back pain by instructing you on proper lifting techniques or offering ergonomic suggestions for your workspace.

## Today's the Day to Stop Ignoring Your Back Pain!

Want to take action? The first step is simple: call Millennium Physical Therapy to schedule an initial consultation. Then wave your back pain goodbye as you embark on a journey to long-term relief!

**Click to  
Schedule!**



## 5 SIMPLE TIPS FOR SHOVELING SNOW

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

1. **Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
2. **Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
3. **Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
4. **Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
5. **Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

Visit us online [www.trympt.com](http://www.trympt.com) or call today!



# EXERCISE ESSENTIALS

## DOUBLE KNEE TO CHEST

Try this exercise to help relieve low back pain.

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



Always consult your physical therapist before starting new exercises.

**FOLLOW  
US!**

Keep up with our clinic happenings by following us on social media!



<https://www.facebook.com/millenniumphysicaltherapy/>



<https://www.instagram.com/millenniumphysicaltherapy/>

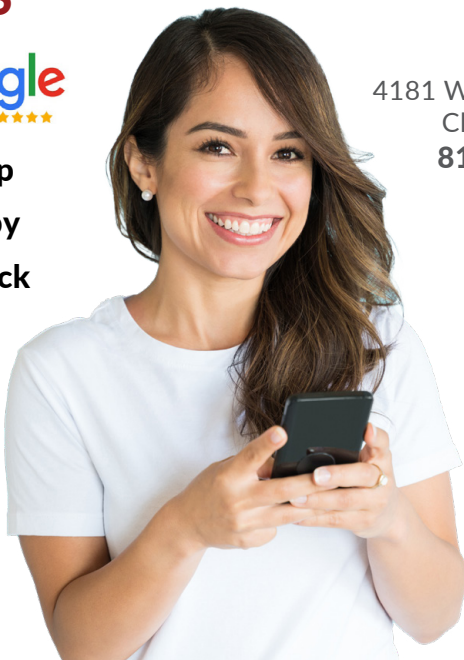
## WE WANT TO HEAR YOUR SUCCESS STORY!



One of the best ways to help a local business succeed is by leaving a Google review. Click below to tell your PT story!



**REVIEWS**



## HEALTHY RECIPE

TRY THIS EASY  
MAKE-AHEAD  
BREAKFAST!

### Omelet Muffins

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap fully cooled omelets individually in plastic wrap and refrigerate up to 4–5 days. Remove from plastic wrap and microwave 30–60 seconds or until warm.

Source: <https://www.savoryonline.com/recipes/208593/spinach-and-pepper-omelet-muffins>

## COME BACK TO PT!

### YOU CAN LIVE PAIN-FREE!

We want to help.  
Give us a call today.

#### CLIO

4181 W. Vienna Rd, Ste. C  
Clio, MI 48420  
810.687.1333

#### FLUSHING

5245 W. Pierson Rd.  
Flushing, MI 48433  
810.732.2252

#### OTISVILLE

391 N. State Rd, Ste. A  
Otisville, MI 48463  
810.631.6900



[www.trympt.com](http://www.trympt.com)