



DON'T LET  
BACK PAIN  
**SLOW  
YOU  
DOWN**

**BACK PAIN  
SOLUTIONS**

**EXERCISE TO  
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# DON'T LET BACK PAIN SLOW YOU DOWN

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable — ruining your good time.

## WHAT CAUSES BACK PAIN?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing — except for medication — can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

**At Infinity Physical Therapy, we EMPOWER you through movement. We treat the root cause of your pain, to FIX your issue, not mask the symptoms. Call today to start taking back your life.**

**LIVE YOUR LIFE PAIN-FREE! CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**





# BACK PAIN SOLUTIONS

You're in luck: Back pain can be treated! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

## BACK PAIN PREVENTION

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

### 1. Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg

muscles, as this will reduce the pressure placed on your spine.

### 2. Use Good Posture

When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

### 3. Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

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## EXERCISE TO TRY AT HOME

### PRONE PRESS UP

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.



**LIVE YOUR LIFE PAIN-FREE! CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**



## PATIENT TESTIMONIALS

"Prior to therapy, I had intermittent back pain and numbness in my toes. I also had muscle weakness in my back because I was afraid to exercise and injure it. After therapy, my back is noticeably stronger and more flexible. Both back pain and numbness are gone. The staff was consistently professional, helpful, friendly, and encouraging." — Paul E.

## STAFF SPOTLIGHT

### Daniel A. Durham Physical Therapist/Owner



Since 2003, Dan has served Mahoning and Columbiana counties with his own practice that's founded on the belief that each patient should be treated as if he/she were a family member. He brings years of professional industry experience as a licensed physical therapist with time in home health, outpatient, and skilled nursing facilities.

After graduating from Youngstown State University, Dan worked locally before working at an outpatient clinic in Cleveland with a focus on joint replacement therapy. From there, he spent time working in a nursing home position then spent more than a year with a chiropractic office before returning to the Mahoning Valley and opening Physical Therapy & Occupational Rehab Inc. in East Liverpool. In 2020, the Boardman office opened after the purchase of Rinaldi Physical Therapy. In 2015, the company changed its name to Infinity Physical Therapy to better evoke the all-around service it provides.

## HEALTHY RECIPE

### TRIPLE MELON FRUIT SALAD



#### Ingredients:

- ½ cantaloupe, seeded
- ½ honeydew, seeded
- ½ small seedless watermelon
- 1 lemon
- ¼ cup fresh mint

#### Directions:

From the cantaloupe, honeydew, and watermelon, scoop flesh with a 1-inch melon baller. Add all the melon balls to a large bowl.

Squeeze juice from the lemon over the melon balls. Finely chop the mint and add to bowl. Toss to combine. Refrigerate at least 30 min. before serving.

## FUN & GAMES SUMMER WORD SEARCH

S F L I P F L O P S I S L E P  
 S U N S C R E E N A N U O S I  
 A U N G U E S T H D O N V W C  
 B N E G J O C E A N F S S I N  
 A P O O L J U R Y S U H O M I  
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AUGUST  
 BARBECUE  
 BEACH  
 FAMILY  
 FLIP FLOPS  
 FUN  
 HOT  
 ICE CREAM

JULY  
 JUNE  
 OCEAN  
 PICNIC  
 POOL  
 RELAX  
 SHORTS

SPRINKLER  
 SUMMER  
 SUNGLASSES  
 SUNSCREEN  
 SUNSHINE  
 SWIMSUIT  
 VACATION



## UPCOMING WORKSHOPS

Don't miss our upcoming

### Rotator Cuff Workshop!

July 13th at 6:00 PM  
Boardman Location

330.629.8834

