



NEWSLETTER

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WHAT'S INSIDE

GET BACK IN ACTION WITH APEX PT!

Say goodbye to your back
pain for good!

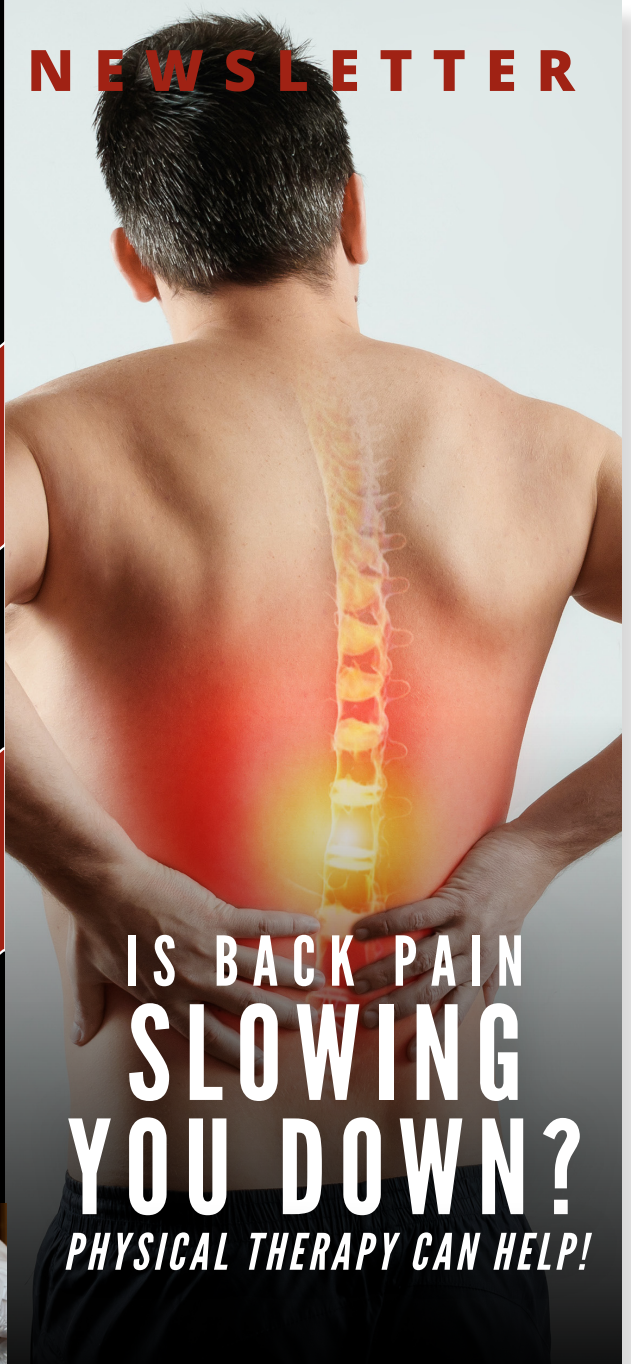
HEALTHY RECIPE

Try this protein-packed
snack!

STAFF SPOTLIGHT

Meet Sean Lee, President,
PT, DPT, Cert. MDT

**HAVE YOU MET
YOUR INSURANCE
DEDUCTIBLE?**



**IS BACK PAIN
SLOWING
YOU DOWN?
PHYSICAL THERAPY CAN HELP!**

IS BACK PAIN SLOWING YOU DOWN?

*PHYSICAL THERAPY
CAN HELP!*

► Back pain can be one of the most debilitating conditions, affecting up to 80 % of the population at some time in their life. Unfortunately some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer with back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction and even nerve damage.

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. The good news is that with guidance from your physical therapist you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

WHAT WE KNOW ABOUT THE CAUSES OF BACK PAIN

Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments and other soft tissue.



The contributing factors are often associated with back pain are:

- Improper posture or prolonged positions (i.e. prolonged sitting)
- Spinal muscle and tissue damage (i.e. lifting strains or trauma from accidents)
- Limited hip, spine and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e. compensations due to injury)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing—except for medication and rest—can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

PHYSICAL THERAPY IS AN EFFECTIVE BACK PAIN SOLUTION!

You're in luck: For most people, back pain resolves on its own. And for those that continue to experience pain, physical therapy can help.



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GET BACK IN ACTION WITH APEX PT!

► According to research on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will address all of the causes.

We are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

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.

► Limit Sitting For Too Long

Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

► Use Good Posture

Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out -- lifting you up -- keeping your hips, spine, shoulders and neck aligned.

► 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 the muscles of your hips, pelvis and spine--your core muscles.

CALL OUR CLINIC TODAY

Visit a physical therapist for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

**READY TO TAKE YOUR
HEALTH TO THE NEXT LEVEL?**

CALL US TODAY!

MERRILLVILLE

(219) 525-4815

VALPARAISO

208-344-2525

MICHIGAN CITY

(219) 809-9134

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STAFF SPOTLIGHT



Sean Lee, President, PT, DPT, Cert. MDT

Sean Lee is the President of Apex Physical Therapy LLC. Sean was born in South Korea and graduated from Yonsei University in 2001 with a B.S. degree in health science and rehabilitation followed by fulfilling military duty in South Korea. Sean practiced physical therapy in the State of Colorado since 2001, then he moved to northwest Indiana region in 2006. He completed his doctorate degree in physical therapy from Utica College, NY.

Sean has been practicing physical therapy since 2001, and has continued to attend various courses for physical therapy throughout his career. To continue growing his skills as a therapist, he successfully acquired a mechanical diagnosis and therapy (MDT) certificate. His main focus is helping people relieve pain, prevent surgeries, and teaching his patients how they can manage their pain from long suffering. He accomplishes this by providing quality, dedicated one-on-one care to facilitate the best outcome for each and every one of his patient's. Sean believes physical therapy is one of the most effective tools to reduce pain because of how it can correct fundamental issues with patients. Because he believes each therapist' approach and clinical setting makes a huge difference, he has continued to pursue extensive, evidence-based continuing education programs each year.

What Sean enjoys about his work is being in an orthopedic outpatient clinic setting, especially working one-on-one with each of his patient's. When Sean is not working with his patients, he enjoys playing golf and spending time with his family.

HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



HEALTHY RECIPE: PEANUT BUTTER OAT BALLS



INGREDIENTS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini chocolate chips

DIRECTIONS

Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky.

When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set.

Place balls in an airtight container in the refrigerator and eat at your leisure. Enjoy!