

Back Pain

SPECIAL REPORT

Twelve steps on how
to eliminate back pain,
prevent its
reoccurrences, and
stop taking
medications.



About the Authors:

Ashley Herrman, DPT

Educational Background: Ashley graduated with an Associate of Science as a Physical Therapist Assistant, and practiced for a few years while earning her Bachelor of Health Science from Washburn University, and then received her Doctorate of Physical Therapy from the University of Kansas Medical Center. She has been practicing in outpatient orthopedics since 2003. Extensive continuing education has been pursued through North American Institute of Orthopedic Manual Therapy (NAIOMT), Kinetic Control, Polestar Pilates Education, Michigan State University's School of Osteopathic Medicine (craniosacral) and Schroth Barcelona Scoliosis Physical Therapy School (C1 certified). In her career she has provided individualized rehab for all types of musculoskeletal injuries of the spine and extremities, post-surgical rehab, sports medicine, and neurologic conditions. Thoroughly analyzing a patient's movement patterns and muscle imbalances are crucial to her practice, as is extensive patient education so to ensure long term success.

Pilates: Ashley did her rehabilitation specific Pilates training through Polestar Pilates Education in Kansas City, taught by Noelle. She completed her apprenticeship hours and successfully passed her graduation exam, allowing her to be an official Polestar Pilates Practitioner.

Sports Medicine: Ashley particularly enjoys working with athletes, as they prepare to return to sport after injury. As an athlete herself, Ashley understands the demands of sports and rehabilitates them using her extensive continuing education. This even extends to dance medicine, as she applies biomechanical principles to allow for restoration of dance technique.

Dance Medicine: Although Ashley is not a dancer, she is experienced with treating the needs of the dancer and has excellent success in her outcomes. She has taught performers from Broadway shows as well as local dance studios.

Tamara Neff DPT

Educational Background: Tamara graduated with her B.A from Washburn University while earning her Physical Therapist Assistant degree, practiced for a few years and then went on to receive her Doctorate of Physical Therapy from the University of Miami Miller School of Medicine. She has been practicing in the field of physical therapy since 2000, with experience in the outpatient setting as well as inpatient rehabilitation. Since graduation Tamara has pursued extensive training in neurological rehabilitation with training in Neuro-Developmental Technique, Body Weight Support Treadmill Training, and vestibular rehabilitation. She is also a LSVT BIG® certified practitioner specializing in treatment of individuals with Parkinson's disease. As a physical therapist with extensive clinical experience and specialty training, she brings a comprehensive approach to the care of her patients and clients.

Pilates: Tamara began studying Pilates in 2000 with Polestar Pilates Education. While attending graduate school she worked at the Polestar Pilates Center in Coral Gables, Florida. This education and experience has allowed Tamara to implement Pilates based rehabilitation into the inpatient rehabilitation setting to facilitate motor recovery with neurological patients and utilized Pilates practice in outpatient settings to decrease pain and restore movement. Additionally, Tamara has presented on utilizing Pilates in rehabilitation to local organizations including the Kansas Occupational Therapy Conference. She understands and implements the philosophy and principles of Pilates and sees it as a vital tool that empowers the patient to manage and reach her/his maximum potential in a wide spectrum of neurologic and orthopaedic conditions.

Tamara Neff DPT Cont.

Neurological Rehabilitation: Tamara specializes in the evaluation and treatment of individuals with movement impairments due to disease or injury to the nervous system. She has a strong desire and passion to work with individuals with neurological impairment such as stroke, brain injury, spinal cord injury, Parkinson's, Guillan-Barre, balance deficits, and multiple sclerosis. With years of hands on clinical experience, Tamara is able to help patients achieve motor recovery with facilitation techniques that improve their quality of life.

Sports Medicine: Tamara enjoys working with the novice to experienced athlete. As an athlete and runner she is able to relate to individuals with a strong desire to compete and stay active. Tamara is able to identify faulty movement patterns and improper mechanics and enjoys helping athletes improve their motor control to further enhance their athletic skills.

Noelle Dowma DPT, BFA, PMA-CPT

Educational Background: Noelle graduated with a Bachelor of Fine Arts in Ballet Pedagogy from the University of Oklahoma and then received her Doctor of Physical Therapy degree from the University of Miami Miller School of Medicine. She has been working in outpatient orthopaedic settings since 2002. Since graduation, Noelle has pursued extensive continuing education through Michigan State University College of Osteopathic Medicine (has taken ALL of the offered courses), Kinetic control, Pilates based coursework, C1 and C2 BSPT Schroth certified, and is Dry Needling-1, 2 trained through Myopain seminars. Musculoskeletal injuries of the spine and all extremities, plus neurologic conditions are in her realm of experience. In addition, her areas of specialization include: osteopathic based manual therapy, Pilates based rehabilitation, craniosacral therapy, dance medicine, dry needling, osteoporosis, hypermobility syndromes, and scoliosis. Noelle is the owner of Kinesphere Physical Therapy LLC.

Pilates: Noelle began studying Pilates when rehabilitating a dance injury in 1992. Since that time, she trained through the Physical Mind Institute, Polestar Pilates Education and is Pilates Certified through the Pilates Method Alliance. She is a Principal Educator for Polestar Pilates Education, where she teaches fitness and rehabilitation professionals how to use Pilates with their clients and patients. Having taught across the United States, Caribbean, and Mexico, Noelle is a regular presenter at courses and conferences. Pilates was a part of Noelle's life before becoming a Physical Therapist and it continues to be an essential part of her success with patients. Noelle developed the Pilates program at the Kansas City Ballet school.

Dance Medicine: Noelle continues to dance today, but the professional training of her Bachelor of Fine Arts allows her the understanding of a dancer's career, body and injuries. The Miami City Ballet and Broadway shows were Noelle's past dance medicine experience before moving to Kansas City in 2006. Noelle teaches at local dance schools, including the Kansas City Ballet School and has been invited to teach at dance schools in the US and Mexico. As a sought after dance medicine physical therapist, Noelle works on touring Broadway shows coming through Kansas City and also serves as the dance medicine specialist at Children's Mercy. She most recently presented in the 2017 International Association of Dance Medicine and Science conference.



Back Pain

IN THIS SPECIAL REPORT....

.....on actually ending your back pain we will share with you some principles and techniques that you can make work for you. Please note that some of our techniques make take some time for you to see any result, while others may give you some instant relief.

While there is no guarantee that any one of the principals or techniques will work for you. And truthfully, since we yet do not know your back pain history it will be hard to say what will and what will not work for you. But what we can say is that over the years we, as Physical Therapists, have been able to narrow down what does and doesn't work.

What we hope is that in reading this report you are able to find the true cause of your back pain. There is a way to get to the bottom of your discomfort. What is the most exciting about this is that it is completely FREE! You don't need to get a referral from your doctor or even call your insurance company to see if it is a covered benefit. There are no hoops to crawl through.

What can you do right now? Take some time out of your day today, and everyday, to see if any one of these principals or techniques work for you. What is more, they are all natural and require NO medication! We think that you will be surprised by how much better you feel.

We truly feel that if you apply all of the principles/techniques in this report, that you should soon see your back pain decrease.

Sincerely,

Kinesphere Physical Therapy LLC

Start TODAY! Claim YOUR FREE Discovery Session With a Back Pain Expert.

Your first step in recovering from any pain, is to get to the root cause of the pain its self. Without knowing what the history is behind the pain it is hard to stop this long term.

Getting to the reason why this pain started is something that a physical therapist is medically trained to do. It is sad that some people do not know how easy it is to refer themselves to a physical therapist.

There is NO referral necessary!

When you call for your free discovery session, there will be NO one asking for your insurance information,. There will be NO one asking for payment. There are NO forms to sign or any obligation to move forward with any physical therapy after your initial Discovery Session.

What does this mean? This means YOU have the power to take control of your pain. You can just call us up and arrange that first visit Discovery session where we will get to the bottom of what is wrong. It is that easy!

This Discovery Session is scheduled with Ashley, Tamara or Noelle. At the time of your session you can have your questions answered in a personal one-on-one environment where you can find out what is going wrong and what else can be done about it. What does this mean for you.....getting pain free FASTER!

This Discovery Session is called Discovery for a reason. WHY? - You get to Discover what could be the answer to your pain. You get to Discover what a qualified therapist can do to help YOU reach YOUR goals faster. Discover the root cause of your issues. Discover if physical therapy can help you solve your issues. Discover what will your 100% NATURAL rehabilitation will look like. Discover the time frame it will take to experience results in this care plan. Discover other natural elements to speed your healing in addition to physical therapy. And finally, Discover how soon you can get back to all the things you love from gardening to family time to social events.

If you just simply don't have the time to come to us, that's ok! We also offer a FREE 10 minute Telephone consultation. While you wont meet face to face with one of our pain experts, they certainly could answer any question you may have over the phone.

In offering the Discovery Session or the Telephone Consultation we are truly the most hassle free way to finally easing your pain. What have you got to lose?

START TODAY and claim a FREE Diagnostic Screen with a Back Pain Expert....

Here is how to contact us:

Contact Ashley, Tamara, Noelle or a member of our team:

(816) 379-6899

OR

info@kinespherept.com

www.kinespherept.com



Twelve Strategies To Help Get To The Root Cause Of Your Low Back Pain:

1) Rest Is Not Always Best:

It used to be that when people had back pain, they were told to rest by lying in bed for a week. We now know this is not the best option—movement means healing. That being said, pain should be your guide...if you have increased pain walking or doing your daily activities or sports, you likely are causing more harm than good. If you can find movements and activities that are less painful, or even alleviating of your pain, you should participate in those activities.

2) Don't Wear High Heels:

High heels put your feet, knees and pelvis in a unique tilted position. This carries upwards into your low back and even middle back and neck. Additionally, you walk differently wearing the heels, so this causes compensation which can lead to irritation of muscles, discs and nerves. Selecting supportive, comfortable shoes or bare feet would be a better option.

3) Sleep With A pillow Between Your Knees:

If you are a side sleeper, the top knee ends up going “downhill” which causes strain in your low back. This can be helped by putting a pillow between your knees so that the top knee higher and therefore better aligned for your low back.

4) Check Your Posture:

Do you sit slumped? Gravity can be a foe when you let your spine curve forward. By sitting with support behind your back (a pillow or chair back), you often can allow the angry muscles in your back to relax. The more supportive the chair (that keeps you upright), the better. Having good posture does not always take work... positioning with a pillow or furniture selection can give you the rest you need to calm your symptoms.

5) Lie In The Constructive Rest Position:

Lying on your back, with your legs elevated (knees and hips bent to ~90degrees) for 10-15 minutes at a time may help to calm back pain that manifests as leg pain. This position is where your discs have the least pressure, which allows any nerve involvement to “get a break” so to allow healing.

6) Avoid Asymmetry In Your Life:

Sitting with your legs crossed puts undue strain on your pelvis, sacrum and spine. You may very well not only put these asymmetrical forces on your spine, but also may more often cross one leg, further causing imbalances. Another example is purse/briefcase/back pack carrying. This often happens over one shoulder and again will cause compensations in your posture that strain your back and cause pain.

7) Avoid Sleeping On Your Stomach:

When lying on your stomach, gravity pulls your back into an arch, which with being there for a prolonged period of time, like sleeping, you will wind up feeling stiff and in pain. Additionally, your neck has to turn to the side which is another source of strain on your spine. Why not try sleeping on your stomach or side with a pillow.

8) Do Core Exercises:

Core exercises work on the stability of your trunk, which means your back is more free to handle the forces of life that come its way. Doing core exercises correctly is not always easy, as the fitness world calls nearly all trunk exercises 'core' Getting to a class or a professional in rehabilitation or fitness would best ensure you are doing these correctly.

9) Find Out What Is Wrong By Going To A Physical Therapist— Free And Easy!

Probably the main reason people don't try this first, is they don't know how easy it is!

You DO NOT need a referral from a doctor or place a call to your health insurance. You can go make a visit to a physical therapist FOR FREE. You could call today to arrange a visit. No hassling with insurance or payment of any kind. You can go in and talk with a physical therapist and get your questions answered so to start FINDING the cause of your pain so that you can get on your way to pain free living. You will be advised on what they think is GOING WRONG with your back and will help you FIND HELP regarding who can help you with it.

Once you have all of that information, you will be able to make a more informed decision. The physical therapist can then guide you on the rest of the process regarding insurance, required forms, referrals and treatment options. What an easy way to ease into this process of solving your back pain!

Why not see if a physical therapist can help you with your back pain? You now know that you have a no-hassle means to get in for FREE with a physical therapist. You don't have to do anything but schedule.

Note: It is important you heed the tips in this free report, but in conjunction with a hands on physical therapist, you together can get to the root cause of your pain so you can get back to living FAST.

10) Stop Sitting For So Long:

There is a new buzz phrase: "Sitting is the new smoking" We are starting to have re-search that shows that you CANNOT undue prolonged sitting. We were not made to have our butts glued to a chair for eight hours a day. You can help this by getting up every 20 minutes. It could be to walk to the kitchen or talk to a co-worker or possibly do a few exercises.

11) Change Your Mattress:

Over time, mattress structures break down. If there is a 'gulley' in your mattress, you are probably allowing your body to fall into space, which is causing torsion and strain on your spine. Consider flipping your mattress or get a new mattress to see how your back feels.

12) Think Of Your Body Mechanics:

Are you bending your knees when you pick up an object from the floor? To stop straining your back ligaments, discs and muscles, you should be bending over with a flat back which often requires the old adage "Use your legs!" By lifting in this better position, you will prevent the unnecessary strain on your back.



Conclusion:

Well, here you go, twelve tips to help calm your low back pain to help lead you to the ROOT cause of your back pain. These are very practical tips that you can DO TODAY to help get your health back and reduce your worry.

These suggestions are just the tip of the iceberg of what we as physical therapists can do to help you with your low back pain. The tips are all effective, but whether they are truly getting to your ROOT CAUSE of back pain would best be addressed one on one. When followed, these tips can significantly help you to calm your low back pain.

By following the tips in the report, you are taking charge of your back pain so that you can start getting to the ROOT CAUSE of your back pain so to empower yourself to not rely on pills, expensive chiropractic visits and reliance on modifying your activities due to pain. You don't need a doctor's referral for any of this.

In the coming weeks, we will be sending you more tips to help out with your journey. This is your way back to health and life enjoyment while assessing the benefits of physical therapy and how it can make a HUGE difference in your life.

We hope that this is the beginning of a great relationship that guides you back to all the things you love, without pain. Our team at Kinesphere Physical Therapy strives to be an essential part of helping you (and your family) get back to the life you deserve.

Dedicated to helping others,

Ashley, Tamara and Noelle

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Health Advice Disclaimer:

We make every effort to provide up to date, accurate advice on injury and prognosis in this report.

The examples of injuries and prognosis are based on our clinical experience. This means your particular situation may be different and therefore the information given may not be specific to your exact injury. With all medical issues, the recovery process varies significantly based on symptoms, length of time with symptoms, tissues involved, lifestyle factors, genetics, previously existing conditions, exercise execution, postural choices and motivations. Correctly following this information is beyond our control.

As Physical Therapists, we know we are unable to be fully accurate without performing a thorough history of symptoms plus a physical examination. This inability to be able to participate in this, means any advise given for back pain management cannot be fully accurate.

We are happy to offer you a FREE DISCOVERY visit, if you are ready for the next phase of your exploration. Lack of investigation into your back pain can lead to further worsening of symptoms and tissues involved. It is always best to seek investigation so you have “peace of mind” for what you are dealing with. As Physical Therapists, we are trained to refer to other professionals when we see an injury beyond our scope. There are NO guarantees of specific results in this report, nor are they implied by Kinesphere Physical Therapy LLC.

