



WHAT'S CAUSING YOUR LOW BACK PAIN?

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**IS YOUR LOWER BACK
PAIN CAUSED BY
SACROILIAC JOINT
DYSFUNCTION?**



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WHAT'S CAUSING YOUR LOW BACK PAIN?

IS YOUR LOWER BACK PAIN CAUSED BY SACROILIAC JOINT DYSFUNCTION?

Are you living with sacroiliac joint dysfunction? This condition, also known as SI Dysfunction, is a painful sensation felt in the sacroiliac joint region, which is located at the bottom of the spine. A diagnosis for this condition means that the joints connecting the sacrum to the pelvis are moving improperly.

This condition can result in pain in the lower back, buttocks, and/or legs. Inflammation of the joints in this region can also occur, referred to as sacroiliitis.

If you think you may be experiencing the symptoms of sacroiliac joint dysfunction, don't hesitate to contact Full Potential Physical Therapy today. We'll help improve your normal mobility so you can get moving comfortably again!

WHAT EXACTLY IS SACROILIAC JOINT DYSFUNCTION?

It is important to first understand the anatomy of the sacroiliac joint region before you can understand exactly what this condition is and how it is caused.

At the bottom of your spine, there is a small triangular bone known as the sacrum. It is located below the lumbar region of the spine and above the tailbone, and it consists of five fused vertebral segments. The sacrum is connected to the pelvic bone on both the left and right sides at the sacroiliac joints.

So, what exactly do these joints do? Essentially, they act as shock absorbers. Because this is their main function, they are only meant to move small amounts.

However, sometimes these joints begin to move too much or too little - that's when SI Dysfunction occurs. When someone has hypermobility (too much mobility) in the joints, ligaments begin to loosen, which can cause issues with movement and protection to the bones.

When someone has hypomobility (too little mobility) in the joints, they begin to overcompensate. This can cause problems in nearby joints, resulting in abnormal movements and pain.



JOINT HYPERMOBILITY AND HYPOMOBIITY



HOW DO HYPERMOBILITY AND HYPOMOBIITY OF THE JOINTS OCCUR?

Hypermobility in the sacroiliac joints can occur for several reasons, including injury to the ligaments or pregnancy.

Hypomobility in the sacroiliac joints can also occur for several reasons, including degenerative joint diseases (such as arthritis) or spinal fusion.

While pain from SI Dysfunction typically manifests in the lower back, buttocks, or legs, it can also spread to surrounding muscles. This can result in pain and muscle spasms in areas that may seem unrelated.

FIND RELIEF FOR YOUR PAIN TODAY:

If you think you may be suffering from symptoms in your sacroiliac joints, contact us to find out for sure.

Your physical therapist will begin your initial session by conducting a physical exam, in order to determine the cause of your pain and determine the best course of treatment for your needs. From there, an individualized treatment plan will be designed specifically for you, including passive and active treatments to help manage and relieve your pain.

Both the hypermobility and hypomobility that comes with sacroiliac joint dysfunction can pose significant limits to your daily life. Don't let yourself live with pain and abnormal joint function - contact Full Potential Physical Therapy today to find relief. We can get you back to normal as quickly as possible!



Healthy Recipe

PUMPKIN SOUP



INGREDIENTS

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

THE STOCK MARKET, INVESTMENT AND YOU

Have you noticed that the Dow Jones recently hit over 27,000 points, crazy to think it was only at 14000 in 2007? Wow, there must be excellent stocks out there in which one could invest their money. I recently came across one of them. I had to marvel at the beauty of this investment, since there is no risk and it's guaranteed to provide high yields. Sound too good to be true? Well, read on.

We are not talking about some low-grade CD interest type of investment; but something that would rival the big boys who name their companies after fruit trees. It happens to be one of those "nonprofits" that creates a ton of good effects in the world. It goes by the name of "Healthy Body." As you invest your energy and effort into this stock, you get a desired product - a body that can perform as needed! This investment only accepts regular contributions in the form of time and effort, just like an IRA. Only this IRA stands for "Individual Return on Activity." Yep, it's called investing in yourself.

You have been looking for the magic stock that is going to make retirement all it can be and you potentially have the most profitable system literally under your nose. All it takes is for that above your nose to make some decisions for the good of all concerned (i.e. your heart, muscles, joints - you know - your tired employees). The payback for your efforts would outrace any Wall Street favorite.

Full Potential, would like to help you develop an exercise program that invests in you. We would like to help you with your "body's portfolio," and increase its value through an education on how to invest your time

and energy properly along with reducing pain and making the day ahead something to look forward to. We have effective ways to help you return to an active lifestyle and a body that is meeting your expectations. Getting older does not have to mean getting slower, tighter or weaker. The rate of aging is quite variable and much depends how you are investing in yourself.

As time passes, the world we want to enjoy requires more of a pay to play strategy. The pay is in time, effort and understanding that yields a nice return on your investment called control over your quality of life so you can continue to "play" with those activities you enjoy. All it requires is your commitment. If you are looking for an answer to an unyielding musculoskeletal problem, better balance, or more mobility and strength - talk to your doctor and tell him or her you are not happy with your body's performance and need to upgrade your IRA (Individual Return on Activity).

Working with a physical therapist ensures your efforts will yield the best result by identifying and strategically addressing your deficits. Talk to your doctor about your health concerns and goals. Overall health starts with being able to move comfortably with good balance, strength and endurance. This opens the door to being able to control our weight, it contributes to better digestion, better mood, controlling blood sugar and better sleep habits. A synonym for life is movement and physical therapists are the movement specialists. The new year is right around the corner - your deductible could already be met - it's a great time to motivate and get a head start.

— *Vincent Hanneken P.T.*

You Help Us, Help Others!

Who Do You Know That Needs Our Help?



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Thanksgiving Drive!

We are partnering with **Community Action House** to provide families with needed grocery items to help make this holiday a special one. You can help by dropping off any of the following donations from **November 16-25th** at our clinic:
286 Hoover Blvd, Holland, MI 49423

Thanksgiving Dinner Items Needed:

- 2 cans of meat (Tuna, Chicken)
- 4 cans of beans (Black, Pinto)
- 4 cans of fruit (peaches, applesauce)
- 2 boxes of mac and cheese
- 2 boxes of pasta or pasta sides
- 1 box of cold cereal
- 1 jar of pasta sauce
- 1 bag of rice (32oz)
- 1 container of Oats
- 2 cans of Greens Beans
- 2 Cans of Corn
- 2 Cans of Broth
- 1 Cornbread Mix
- 1 Box of Stuffing Mix
- 1 Box of Cake Mix
- 1 Container of Oil (16oz)

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2. This will take you directly to our Google Reviews page.
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EXERCISE ESSENTIALS:

Try these simple exercises to strengthen back muscles & ease back pain



Front Plank Forearms & Feet

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up on your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



Sidelying Trunk Rotation

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Patient Success Story!



“Very friendly and encouraging!”

“The constant and debilitating pain has finally been eliminated! I regained lost mobility in my left shoulder so I can go back to doing everyday tasks, and I am able to swing a golf club again! It is very easy to schedule appointments. The staff is very friendly and encouraging! You never have to wait when you come in for appointments either!” — **Sandy N.**



“I feel much better!”

“I now know what exercises to do to get rid of the pain in my back and legs. After finishing my PT I feel much better during the day and experience less pain. The staff listened to the problem I was having, figured out where the pain was, and then found the pressure points. Then they planned an exercise regime for me. The exercises have helped me immensely over the last four years!” — **Linda V.**