

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

Conservative Care and Chronic Shoulder Pain

EXERCISE AND DON'T FALL FOR A HEALTHY YOUNG LOW BACK

A recent study of 1552 Turkish university students, who averaged 20 years of age, was conducted to measure how often low back pain occurred in this group and the factors that were associated with those experiencing pain. The hope was that by identifying these factors, that low back pain could be prevented in the future.

Common sense might say that if you have low back pain when you are young, you are more likely to have it when you are an adult as well. Studies have proven this to be the case. If you have low back pain when you are young and you have a family history of low back pain, there is an 88% chance that you will have low back pain as an adult.

While we can't affect who we came from, we might be able to control things that occur as our children grow up. This might help protect our youth from experiencing significant low back pain as adults.

The results of this study are interesting and might provide some guidelines for parents. They found that within the last 30 days, 40.9% of the group experienced low back pain. Factors that increased the likelihood that these students had low back pain were the discontinuation of sporting activities and traumas such as slip-and-falls on ice or down stairs.

They concluded that measures should be taken to prevent falls and traumas and to encourage adolescents to continue to practice sporting activities. While this might not be a revelation, this study confirms that it is important for our youth to remain active and to avoid traumatic activities that could result in a future of disabling low back pain.

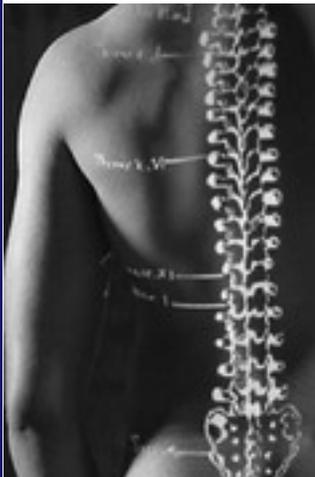
DOWNLOAD OF THE MONTH: LOW BACK STRENGTH AND FLEXIBILITY

Exercise program that will help you maintain your low back strength and flexibility. As with this or any exercise program, please consult your physician or physical therapist before you start.

Click here to get this program

<http://www.ptclinic.com/downloads/2-4.pdf>

Click On or Type the URL above into your browser address bar



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- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

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"Avoiding falls and back trauma as a child improves your odds later."