

IS BACK PAIN CHANGING HOW YOU WALK?

GET BACK IN STRIDE
WITH PACIFICPRO
PHYSICAL THERAPY



Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone!

Fortunately, physical therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our physical therapists are an excellent resource for managing your back pain and difficulty walking.

How Back Pain Affects Your Gait

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common to interfere with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how your walk changes. When you are in pain, you tend to walk “out-of-phase,” meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.

At PacificPro Physical Therapy, our physical therapists can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

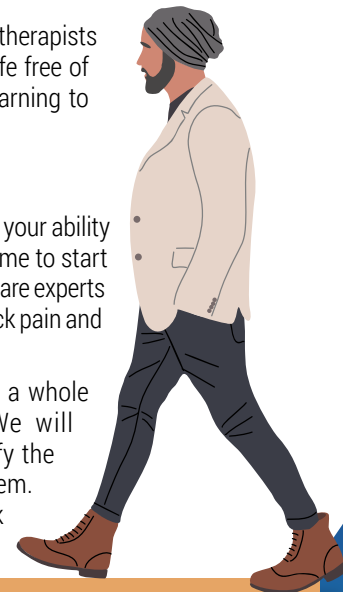
How Physical Therapy Can Help

When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Physical therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapist will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them.

We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

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NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

SEASONAL RECIPE

Lentil Salad with Spring Veggies, Mint and Yogurt Sauce

INGREDIENTS:

- 2 c cooked lentils
 - 3 c spring veggies — your choice of snap peas, English peas, snow peas, green beans, asparagus, radishes or chard
 - 3 tbsp red onion, chopped fine
 - 2 garlic cloves, finely minced
 - ¼ c chopped mint leaves
 - 2 tbsp olive oil
 - 1 lemon, zest and juice
 - Salt and pepper to taste
- Optional Yogurt Sauce:**
- 1 c plain thick greek yogurt
 - 1 tablespoon lemon juice
 - 2 tbsp fresh chopped dill
 - 2 garlic cloves finely minced
 - ¼ teaspoon salt

DIRECTIONS Cook the lentils in salted water until tender, but not falling apart. Lightly steam, grill or blanch the veggies. If adding radishes, you can keep those raw and crunchy- (or feel free to grill them). If using chard, finely chop and wilt in a pan with a little olive oil, shallot or garlic, and salt and pepper. Place the lentils, veggies, onion, garlic and mint in a bowl. Toss with the olive oil, lemon zest and juice from ½ a lemon. Season generously with salt, pepper and optional sumac. Adjust lemon, adding more if you like. If it's bland, it most likely needs salt. Make the optional Yogurt Sauce to lather on the bottle of the plate or platter. Mix all the ingredients together in a small bowl. Smear the yogurt sauce on a platter (or individual bowls or plates) then top with lentil salad. Dive in.

EXERCISE TO TRY AT HOME

Double Knee To Chest

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



This exercise helps strengthen your core.

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What To Expect At Physical Therapy

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk.

When you are experiencing recurring back pain—especially if you are experiencing back pain while walking—you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Your therapist will teach you strategies like:

- **Standing tall whenever you are standing or walking.** Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.
- **Making sure that you are wearing suitable types of shoes.** The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.
- **Trying a custom insert in your shoe.** Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.
- **Changing “how” you walk.** Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

Working with a physical therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What's more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Call Our Clinic Today

Call PacificPro Physical Therapy today for a comprehensive assessment of your back pain and your gait. Working with our physical therapists to improve your walking technique can help you overcome back pain one step at a time.

If you have a history of severe back pain that has changed how you walk, don't hesitate to talk to our physical therapists. We offer the results you are looking for!



[Request an Appointment](#)



GARDENING & GOLFING SAFELY

The following tips can help minimize or prevent injuries:

Gardening Injuries

- **Warm up before you garden.** A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- **Change positions frequently** to avoid stiffness or cramping.
- **Be aware of how your body feels as you work in your garden.** If a part of your body starts to ache, take a break, stretch that body part in the opposite direction it was in, or switch to a different gardening activity. For example, if you've been leaning forward for more than a few minutes, and your back starts to ache, slowly stand up, and gently lean backwards a few times.
- **If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground.** Use knee pads or a gardening pad when kneeling.
- **Avoid bending your wrist upwards** when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- **End your gardening session with some gentle backward bending** of your low back, a short walk and light stretching, similar to stretches done before starting.

Golf Injuries

Play it safe with these tips. Although golf is a low-impact sport, it's associated with a significant number of injuries. Many golfing-related injuries are a result of poor mechanics or overuse. The most commonly injured area is the lower back, followed by the elbow, wrist and hand, and shoulder.

- **Use proper posture.** Stand with your feet shoulder-width apart and rotated slightly outward, and with your knees slightly bent. Hold your spine relatively straight; your trunk should be tilted forward, but most of that movement should come from your hips. Avoid hunching over the ball, which may contribute to neck and back strain.
- **Stay smooth.** The power of a golf swing comes from force transferred smoothly through all the muscle groups, from your ankles to your wrists. If you depend on one part of your body for your hitting power, you may be more prone to injuries. For example, overemphasizing your wrists during your swing can lead to golfer's elbow.
- **Don't overswing.** If you swing the club too hard or too fast, you may stress your joints. Relax and take a nice, easy swing at the ball. The best golfers have consistent – not necessarily fast – swing tempos.

If you do sustain an injury, don't delay, call PacificPro Physical Therapy today!

[Request an Appointment](#)

Patient Success



"I sprained my ankle badly and knew I needed PT. After googling around I decided this place near me looked promising. They've been great. Helpful, clear, accommodating in appointments, and most of all they have been very good at finding what's damaged and giving me massage, ice, and precise exercises to regain mobility and strength. I wasn't walking when it first happened, and they got me walking and ready for a conference in three weeks. A month and a half later, it's almost completely better, and we've moved to balance and stabilization exercises for my core and ankle to make sure I don't keep re-spraining it." – Auronlu

We want to hear your Success Story. Click below and leave us a review.

[Share Your Success Story](#)

Thank you!



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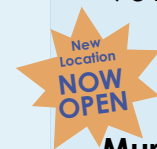
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Are You In Pain?
Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

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