



## IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

### Physiotherapy Can Help You Resolve Your Back Pain!

**Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.**

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physiotherapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call [Zenith Physiotherapy](#) today to make an appointment.

### Physiotherapy Solutions For Back Pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability.

Physiotherapy aims to improve function and prevent disability from getting worse.

Physiotherapy at [Zenith Physiotherapy](#) offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physiotherapy can address the underlying cause of the pain and significantly improve your quality of life.

### Understanding The Risk Factors Associated With Back Pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Sleep disorder
- Bending or twisting
- Hypertension
- Anxiety and depression
- Use of soft foam mattress

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

### How Physiotherapy Helps

According to research, physiotherapy treatments are effective for acute and chronic back pain. Physiotherapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

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**To schedule  
an appointment,  
just click here.**

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These have all been proven to help alleviate pain and restore function. Physiotherapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physiotherapist will handle all causes.

At [Zenith Physiotherapy](#), our physiotherapists 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.

**Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.**

Call [Zenith Physiotherapy](#) 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 physiotherapist. We offer the results you are looking for!

[Book Your Appointment Online Now](#)  
We can't wait to see you!



**STOP THE PAIN!  
CALL ZENITH TODAY!**

## Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.  
SW Airdrie

**1-403-879-8178**

Office Hours:  
Monday - Friday: 8 AM - 8 PM  
Saturday: 9 am - 2 PM  
Sunday: Closed  
Statutory Holidays: Closed

[ZENITHPHYSIO.COM](http://ZENITHPHYSIO.COM)



## Exercise Essentials

This exercise helps your lower back pain.

### 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.



## TASTY RECIPE EASY MANGO PROTEIN SMOOTHIE

### What You Need:

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

**Directions:** Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

*Helps Brighten  
Up Those Dark  
Winter Days*