

BACK PAIN SLOWING YOU DOWN? WE CAN HELP!



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

HELP US HELP OUR COMMUNITY

This month we will be raising money for [Oakville Hospital Foundation](#)! We will donate \$10 for every Google review we receive!



**Oakville
Hospital
Foundation**

We donated \$550 to local charities based on reviews last year alone. So, if you are a long-time client of ours and have received exceptional service with a great outcome, please consider leaving us a review.

**CLICK HERE TO DO GOOD &
LEAVE US A REVIEW TODAY!**

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities – as it often does. Back pain is often accompanied by mobility restrictions that make walking, rising from sitting or bending over difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction. At Leaps & Bounds, we know how debilitating back pain can be. Our team of dedicated practitioners will help you understand the cause or causes of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

CLICK HERE TO SCHEDULE YOUR APPOINTMENT

WHAT CAUSES BACK PAIN?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease or specific structural problem, but caused by mechanical issues. Mechanical issues are difficult to pinpoint and may include multiple tissues in and around the spinal joints. The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations or weakness you're struggling with.

HERE ARE SOME OF THE MORE COMMON SOURCES OF BACK PAIN THAT WE SEE AT OUR CLINIC:

- **Strains and Sprains:** A strain occurs when you injure the muscles in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.

(continued on next page)

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COMMON SOURCES OF BACK PAIN



- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates – that is protrudes out – and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and often pain down the leg known as sciatica.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

WHY LEAPS & BOUNDS PRACTITIONERS ARE YOUR SOLUTION FOR BACK PAIN

While back pain often resolves on its own within 1-3 months, our services are an excellent choice for people with particularly intense pain or extremely restrictive mobility. They also are useful for people with chronic back pain – defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability

level, and overall goals. We'll work to address the underlying issues causing your pain rather than simply masking the symptoms. How will we do this? Through a blend of the following techniques:

- **Manual therapy** helps manage pain, promote blood circulation, and improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as proper techniques and activities that simulate functional movements you'll need to perform (i.e., squats, lunges, lifting, etc.).
- **Prevention strategies help reduce future back pain incidents.** These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or regular strength and mobility practice.

GET MOVING AGAIN WITH OUR PRACTITIONERS!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Leaps & Bounds team is here to help you break that cycle and find relief from back pain for good. Call us today to schedule an appointment!

Sources: <https://www.choosept.com/guide/physical-therapy-guide-low-back-pain> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full>



Patient Success Story



“Roslyn is an excellent chiropractor. She has a great demeanor and excellent communication skills. I pulled muscles all along my back and she had me up and back to normal within 2 weeks. I highly recommend her and Leaps and Bounds for all your chiropractic needs.”

– Paul M.

FIVE EXERCISES TO DO INDOORS



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

GET IN TOUCH

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CLICK HERE TO SCHEDULE YOUR APPOINTMENT

PERFORM BETTER
RECOVER FASTER
STAY IN THE GAME

Now that the weather is cooling down, is it feeling harder and harder to get outside and exercise? Do you find yourself staying in bed longer, cozying up under the blankets instead of working out? This is a common struggle, but don't let winter prevent you from getting active! There are many exercises you can do in the comfort of your own home to maintain your fitness levels. In fact, here's a list of 5 exercises that can be done indoors so that you can stay fit this winter!

1. YOGA

Did you know that there are over 100 types of yoga? That's right! There's truly no shortage of ways to participate in this healthy activity. Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups. Not only does yoga improve your flexibility and muscle tone, it has also been shown to help with your mental health!

2. PUSH-UPS

Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn't require any equipment!

3. PLANKS

Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.

4. SQUATS

Squatting helps strengthen your lower body. This exercise specifically targets your glutes and quadriceps, though your hips, core, calves, and hamstrings all benefit from this movement.

5. HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Do you not have a lot of spare time in your day? If so, HIIT is perfect for you! During a HIIT workout, you work out hard and fast for a short period of time, then rest. HIIT is also great for burning a lot of calories in a short period and raising your metabolic rate. Examples of exercises you may do as a part of HIIT include jumping jacks or lunges.

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