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STAY IN THE GAME



Newsletter for all our Form & Function Family



Traveling with Back Pain: Tips For a Comfortable Vacation

Are you dreading the thought of travelling with back pain? Is this making you want to reconsider your plans?

If so, know that you're not alone. Many people face similar concerns when it comes to travelling with back discomfort. Prolonged sitting from a long plane or car ride are major back irritants and could possibly cause an achy, stiff trip! We're here to offer support and expert guidance to help you navigate your journey with ease and comfort. Traveling with back pain can indeed be challenging, but with the right strategies and preparations, you can minimize discomfort and make your trip more enjoyable!

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A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Plan Strategically for Comfort

- Choosing the right travel accommodations is crucial. Look for seats with adequate legroom and lumbar support. This helps maintain a good posture and reduces strain on your back during long periods of sitting.
- Opt for lightweight luggage with wheels to minimize the effort required to carry or pull your belongings.

Move and Stretch Regularly

- Incorporating frequent breaks into your travel itinerary is essential.
- Take time to stretch and move around to prevent stiffness and improve circulation. Simple exercises like neck rolls, shoulder shrugs, and gentle twists can help keep your muscles engaged and prevent them from tightening up due to prolonged sitting.

Support Your Spine

- Invest in supportive travel accessories such as lumbar support cushions or inflatable pillows. These can help maintain proper spinal alignment and alleviate pressure on your lower back.
- Consider wearing a supportive back brace or compression garment for added stability, especially if you anticipate carrying heavy bags or walking long distances.

Mind Your Posture

- Maintaining good posture is key to reducing strain on your spine. Sit with your back against the seatback, shoulders relaxed, and feet flat on the floor. Avoid slouching or leaning forward, as this can increase pressure on your lower back.
- When lifting luggage, bend your knees and use your legs rather than your back to minimize the risk of injury.

Stay Hydrated and Relaxed

- Drink plenty of water throughout your journey to stay hydrated and prevent muscle cramps. Dehydration can exacerbate muscle tension and discomfort.
- Incorporate relaxation techniques such as deep breathing exercises or meditation to reduce stress and tension, which can contribute to back pain.

Do's and Don'ts:

Do's:

1. Take regular breaks: Make it a priority to take breaks during your journey to stretch, walk around, and relieve tension in your back. Movement helps prevent stiffness and promotes circulation, reducing the risk of discomfort.

Product We Love



Pulsed Electromagnetic Field Therapy (PEMF)

PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy. Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health.

PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

1. Maintain proper posture: Whether sitting, standing, or lifting luggage, maintain proper posture to support your back and minimise strain. Avoid slouching or twisting movements that can exacerbate pain.
 2. Choose supportive luggage: Opt for luggage with supportive features such as padded straps and wheels to reduce the strain on your back while carrying or pulling it.
 3. Consult with a physiotherapist: Before your journey, consult with a physiotherapist to assess your condition and receive personalized advice on managing your back pain during travel.
- **Don'ts:**
 1. Overpack: Avoid the temptation to overpack, as carrying heavy loads can strain your back and worsen your pain. Pack only the essentials and consider lightweight alternatives where possible.
 2. Sit for extended periods: Prolonged sitting can contribute to back discomfort and stiffness. Whenever possible, take breaks from sitting and engage in gentle movement to keep your back muscles relaxed.
 3. Forget to pack pain relief essentials: Ensure you have access to pain relief essentials such as medications, heat packs, or topical treatments to alleviate discomfort during your journey.
 4. Ignore warning signs: Pay attention to any warning signs of worsening back pain, such as increased discomfort or limited mobility. Listen to your body and take necessary precautions to prevent further strain or injury.
- So there you have it! By following these dos and don'ts, you can travel safely and comfortably while managing your back pain effectively. Safe travels!
- If you experience any of these, you should call us at**
888-619-2885
to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back on the golf course quickly.
- You can find out about the cost and availability of a physical therapy assessment by**

[Scheduling Here.](https://app.pteverywhere.com/forfunctionpt/bookingonline)

<https://app.pteverywhere.com/forfunctionpt/bookingonline>

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration

Utilizing guided PEMF therapy can also have extended benefits that include:

- Boosted energy, circulation, and oxygenation of blood and tissue
- Improved sleep quality, blood pressure, and cholesterol levels
- Balanced immune system and accelerated cell regeneration
- Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

Health Tip & Trick: 10 Tips to Reduce Back Pain

By: Trevor Field

The following tips can be very helpful if you are suffering from most any type of back pain. They should not, however, replace an evaluation by your physician, or physical therapist. The “Do Not’s”

1. Do not sit for prolonged periods. Even if your seat is supportive, postural muscles fatigue after about 20 minutes and you will begin to slouch causing more stress to the back. A simple rule would be to stand for one minute after 20 minutes of sitting.
2. Do not hold your breath. When you’re in pain it is a natural tendency to hold your breath. It’s your body’s way of “splinting” itself. It is also a compensation your body makes to stabilize itself if the core muscles are weak. However, when you hold your breath, it increases pressure in the abdominal cavity, and pressure on the spinal discs.
3. Do not lift. No matter the source of the injury, lifting causes compression to the spine. Depending on the severity of the injury, even as little as 5 pounds can cause increased pain. If you must lift...
4. ...do not lift away from your body. Simple physics tells us the longer the lever (the further away the load is from the body) the more torque is generated. Keep everything close to your body.
5. Do not twist, particularly if carrying something. Rotational forces can be the most damaging to the spine, as it places the disc in its most vulnerable position. The “Do’s”
6. Ice. Especially if it’s the first 48-72 hours after the pain started. This will help with the acute inflammation, and will dull the pain. Even as little as 10 minutes will help. If you are using a gel pack you can lie on it through 1-2 layers of t-shirt with your legs elevated. If you’re using an ice bag you may require additional layers to protect your skin, and it should be placed on your back as you lie on your stomach. If you are uncomfortable on your stomach, try lying with a pillow under your belly button.
7. Heat. You can begin to heat after the acute (48-72 hour) period has passed. This can help alleviate tight, stiff muscles, and improve circulation to the area. A hot shower is a good way to apply heat, or with a heating pad in the positions described with ice. If you are lying on the heating pad you may need an additional layer between you and the heat source to prevent a burn. The best time for heat is when you wake, or before activity. heating should be about 10 minutes as well. Prolonged heating of 15-20 minutes can aggravate your pain, so monitor your time and intensity of heat.
8. Topical analgesic products. Balms, creams, gels, oils, lotions, patches, ointments can be found in every pharmacy without a prescription. Understand they will not cure your problem, but they can be effective in reducing the intensity of the pain.
9. Take frequent breaks. If you have a lot to do that will require being in a prolonged position, or repetitive movement, break it up. If your typical yardwork takes an hour, 4 15 minute jobs spaced throughout the day may save you some pain.
10. Hydrate. The cells require water to carry out their basic tasks, and when there is an injury there is cellular waste and inflammation that must be removed. Hydrating aides this process. Also, the disc (the cushion between the vertebrae of the spine) absorbs water, particularly when we are lying down. So drink up, it can help your back pain.

Promo of the Month

\$35 PEMF Demo





Ingredients

- 2/3 cup packed light brown sugar
- 1/2 cup smooth natural cashew butter
- 1/4 cup unsalted butter, at room temperature
- 1 large egg
- 4 teaspoons grated lemon zest
- 2 tablespoons lemon juice
- 1 tablespoon vanilla extract
- 1 cup old-fashioned rolled oats
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2/3 cup unsweetened dried blueberries (see Tip)
- 2/3 cup chopped pecans

How to Lemon-Blueberry Breakfast Cookies

1. Position oven racks in top third and lower third; preheat to 350°F. Line 2 large rimmed baking sheets with parchment paper.
2. Beat brown sugar, cashew butter and butter with an electric mixer on medium speed until light and fluffy, about 1 minute, stopping to scrape down sides as needed. Add egg, lemon zest, lemon juice and vanilla; beat on medium speed until just combined, about 30 seconds.
3. Whisk oats, all-purpose flour, whole-wheat flour, baking soda, baking powder, cinnamon and salt together in a medium bowl until combined. With the mixer on low speed, gradually beat the flour mixture into the sugar mixture until fully incorporated, about 1 minute, stopping to scrape down the sides as needed. Add blueberries and pecans; fold until fully incorporated.
4. Scoop the dough into 16 portions (about 2½ tablespoons each) about 2 inches apart on the prepared baking sheets. Gently press the top of each cookie to flatten.
5. Bake, rotating the baking sheets between top and bottom racks halfway through, until edges are lightly browned, 12 to 15 minutes. Let cool on the baking sheets for 5 minutes; transfer to a wire rack. Serve warm.