



LAKE COUNTRY  
PHYSIOTHERAPY



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# How Strengthening Helps Back and Neck Pain

*Health & Wellness Newsletter*

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Lake Country Physiotherapy, our highly trained physiotherapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call Lake Country Physiotherapy today to make an appointment. With guidance from our physiotherapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

## How Muscles Affect Neck Pain

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. It also is what starts the cycle of chronic pain. Working with a physiotherapist to address neck pain is a wise decision!

**CALL (705) 413-3587 NOW!**

Give us a call at **(705) 413-3587** or visit **lakecountryphysio.com** today!



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## How Muscles Affect Back Pain

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the “core.” When thinking of the core, think of an apple core...it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles.
- The lower back muscles.
- Your diaphragm.
- Muscles of the pelvis/pelvic floor.

Physiotherapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physiotherapist to improve core strength can significantly reduce the severity of your back pain.

## How Physiotherapy Can Help You Strengthen Your Back and Neck Muscles

Our physiotherapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physiotherapist is a great place to start. Your physiotherapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

## Contact Our Clinic Today

You deserve to feel your best. Call Lake Country Physiotherapy today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>  
<https://bjsm.bmj.com/content/54/21/1279>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>

# Check Out These Tips To Help You Stay Active & Healthy!



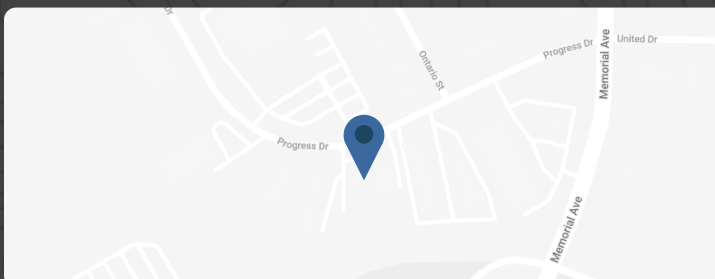
## Debbie Silverthorne Administrator

After a rewarding career as a Human Resources Systems Analyst, where she spent the majority of her time in GTA hospitals, Debbie moved to Severn and is enjoying life in Ontario's near north, Lake Country. Debbie studied trumpet performance at Western University and the Royal Conservatory (Toronto). Music continues to play a big part in Debbie's life, where she is very involved with the local arts community, both as a member of the Orillia Silver Band and Northwoods Brass, and playing for local music theatre productions. An avid outdoor enthusiast, she is a volunteer Citizen Scientist with the Couchiching Conservancy, counting turtles and snakes out in the field.



## Standing Lumbar Self Traction

Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure your weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.



## Our Location

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