

Mar 16th - Mar 31st

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Stop in and see us at:

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Genoa, IL 60135
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March is National Nutrition Month!

Here is a healthy breakfast alternative:

Berry-Banana Smoothie
(yields 1 serving, 348 cal)

Ingredients

1/2 cup nonfat milk
1/2 cup low-fat plain yogurt
1/2 banana, peeled and chopped
1/2 tbsp flax seed
1 tsp honey
1/2 cup frozen mixed berries
2 tbsp powdered protein supplement (optional)

In a blender, blend the milk, yogurt, banana, protein supplement, flax seed, honey, and berries until smooth.



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Lower Back Pain Management and Treatment



Lower back pain (LBP) affects 4 out of 5 people at some point in their lives. This pain can range from a constant dull ache to an incapacitating sharp pain caused by even the smallest movement. According to the National Institute of Health, LBP is the most common cause of missed work and job related disability.

Most LBP is classified as lumbago, meaning that a specific cause cannot be determined. Pain sufferers are often prescribed further diagnostic testing and strong pain medication. In some cases, surgery is the recommended treatment.

However, recent research by the *Journal of*

American Academy of Orthopaedic Surgeons and the *American College of Physicians* suggests that LBP treated first with physical therapy has better overall results and a much lower cost. This is true even for cases where surgery is recommended, such as disc degeneration.

Physical therapy for LBP focuses on strengthening core muscle groups which include the abdominal, back, and hip muscles. Treatment strategies involve a combination of manual therapy (including spinal manipulation), exercises tailored for the individual, and education on how to remain active and use appropriate biomechanics at work and home in order to prevent future injury.

If lower back pain is keeping you from working and living your life to its fullest potential, consider a consultation with a Northern Rehab physical therapist.

March is Deep Vein Thrombosis Awareness Month

What is deep vein thrombosis?

Known as DVT, deep vein thrombosis is the formation of a blood clot in a deep vein. DVT most commonly affects leg veins or veins of the pelvis. These blood clots are normally caused by a combination of poor blood circulation, damage to a blood vessel wall, and increased blood coagulation. DVT symptoms include pain,

swelling, and superficially engorged veins in the affected extremity.

The most serious complication is that the clot could dislodge and travel to the lungs, causing a life-threatening pulmonary embolism. Medical conditions such as physical trauma, cancer, and infection can all lead to DVT.

Prevention of DVT

Controllable factors such as immobilization (seated for long period of time), smoking, obesity, and diabetes can greatly increase the risk of DVT. Maintaining a healthy weight, exercising regularly, taking breaks from sitting to move around, and smoking cessation can all greatly reduce the risk of developing DVT.