



# The Physical Therapy Specialty Center

A Division of Primary Care Partners

Call for an Appointment Today – 970-241-5856

## Got Back Pain? Therapy Can Help!



### WHAT IS THE CORE?

THE CORE is formed by our abdominal, back, and hip muscles.

### RESEARCH FINDINGS:

- Pain causes THE CORE to weaken
- CORE strength does not automatically return after injury
- CORE strength can be restored post injury with exercise
- CORE strength improves sports performance

### WHO NEEDS A STRONG CORE?

Everyone. A strong core can reduce pain for all age groups and activity levels.

### HOW DO I START?

If you have or have had back pain in the past, you may have lost your ability to contract the deepest abdominal muscles. Since these muscles provide important support for your spine, we recommend starting there. For best results, we recommend contracting the pelvic floor muscles (Kegel's) at the same time as the deepest abdominal muscles. We have nicknamed this THE ZIPPER.

Try this:

- Sit tall in a chair.
- Pull up and in on your rectum as if trying to stop a bowel movement. Hold this.
- Pull up and in as though trying to stop urinating. Hold this.
- Using your muscles, pull your belly button toward your spine.
- Breathe naturally - DO NOT hold your breath.
- Your goal is to hold all of this for 5-10 seconds 5-10 times, twice/day.



### HOW WILL THERAPY HELP?

Anyone who has experienced back pain knows that it is easily provoked. If you have suffered from back pain, you may fear that exercise will increase your symptoms. Research has shown that back pain frequency and intensity decrease with exercise. In physical therapy we will work to relieve your pain and safely rebuild core and aerobic fitness.

Don't let back pain dictate your lifestyle.  
Contact us for an appointment today at 970-241-5856