

In touch

News and tips for total body health and wellness



Fall Sports: Your Back's Worst Enemies?

At this time of year, football seems to be on almost every channel. This may be good news or bad news to you, but if the former applies and you're a serious armchair quarterback, it may not be good news for your back. "How can I hurt myself just sitting in a chair or on the sofa?" you might ask. It all depends on how you sit and how long, as well as your level of tension while watching the big game. All of the above can have a negative effect on your muscles and ligaments. Do your back a favor and get up from time to time to stretch and walk around (and not just to the refrigerator).

And for your friends who head outdoors in the fall to get in their last few rounds of golf, tennis matches, bike rides or hiking are not entirely free from danger either. For them, the key to avoiding back pain is warm-ups and wearing proper (read-wicking and temperature control) clothing, as well as not overexerting themselves. The combination of cooler weather and muscles that are not loosened up prior to activity can spell stiff joints and muscles or even pulled or strained muscles. Rest and a hot shower are usually enough to relieve these symptoms, and in some cases, physical therapy can work wonders. So enjoy your fall sport – but be sure to watch your back.

Exercise Relieves Stress

In these troubled economic times, when bad news is all around us – people losing jobs and retirement funds, a rash of home foreclosures and business closings, the national health insurance chaos – stress can be high, even if you are not directly affected. But in truth, there are very few of us who aren't in some way touched by the current economic woes. When that happens, stress hormones, such as cortisol, GH and norepinephrine, can make muscles tighten up, reducing blood flow – and thus oxygen and nutrients – to the tissues. If the situation becomes a real "pain in the neck" (or back), exercise can be the key to not only relieving your physical symptoms, but also providing a psychological boost.

Studies have shown that exercise – including stretching and strengthening muscles – is one of the few factors that can actually prevent pain in the most commonly affected areas of the body: the back, neck and shoulders.

The best antidote to stress-induced back or neck pain is aerobic exercise, decreasing stress hormones and increasing the body's production of endorphins – pain relieving and mood enhancing chemicals that occur naturally in the body.

Consult your doctor before beginning any exercise program, especially if you are experiencing muscle pain. While it may be caused by stress, only a medical professional can say for sure and recommend the right course of action, which may very well include a certain type of exercise.

GTPT at the Grand Traverse Woman Expo



The Grand Traverse Woman Expo, was held at the Grand Traverse Resort on Saturday, September 18 and Sunday, September 19, 2009. Grand Traverse Physical Therapy was among the nearly 150 vendors represented with booths at the event, a great success, drawing more than 1800 visitors. We saw many familiar faces during the two days, as well as meeting a host of new people who were interested in the wide range of services we offer.

735 S. Garfield Avenue, Suite 100
Traverse City, Michigan 49686

tel 231.941.6500
fax 231.941.6600

grandtraversept.com



G R A N D
T R A V E R S E

PHYSICAL
THERAPY

Randy Nelson, P.T.
Physical Therapist
randy@grandtraversept.com

Penny Nelson, A.T.C., C.M.T.
Athletic Trainer Certified
penny@grandtraversept.com



Listen to your body's messages and move beyond injury and into healing.

At Grand Traverse Physical Therapy our experience, expertise and compassion evoke a sense of health and wellness. We strongly believe in the healing powers of physical therapy and massage.

PHYSICAL
THERAPY

G R A N D
T R A V E R S E



735 S. Garfield Avenue, Suite 100, Traverse City, Michigan 49686

*Keeping
In
Touch*

In a survey by the Wall Street Journal's Career Journal, physical therapy was rated as one of the eight best careers.

While the source of low back pain is sometimes difficult to determine, back problems are usually related to one of two things: an imbalance between the tissues surrounding the spine (ligaments, muscles, tendons) or incorrect spine alignment (posture).

Referral Program

Receive a \$5 Gas Card for every new referral that you send to GTPPT that becomes a patient. You will also be entered for a chance to win a free massage given away monthly.

Massage Certificates Available.
Makes a great Christmas Gift!