



Healthy Aging Information

We have all your aging needs covered

From the Experts at The Peter B. Lewis Aquatic & Therapy Center

Agitated Back Pain

According to Debra Glett, Physical Therapist at The Peter B. Lewis Aquatic & Therapy Center (LAC), back pain can be agitated by various catalysts. The LAC helps hundreds of clients each year who are suffering chronic or agitated back pain.

INACTIVITY

According to the CDC, an estimated 50 million U.S. adults (about 1 of 5) report doctor-diagnosed arthritis. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030, and more than one-third of these adults will have limited activity as a result. One surprising 'activity' that increases back pain is inactivity. Research shows that activity in general improves back pain. Walking is usually good for the back, and can be done almost anywhere. Walking allows the back to move in a normal fashion, and brisk walking for at least 20 minutes increases those feel-good hormones and natural pain killers. These endorphins help reduce stress, anxiety and depression.



SITTING

Sitting is one of the most common causes of lower back pain. Any extended sitting makes it worse. Simple tasks such as driving or waiting in the doctor's office, watching TV, or sitting at a desk can cause back pain.

AGE

People of any age can have back pain. A younger disc is more likely to bulge than an older disc. But those over 50 may have accumulated some conditions such as arthritis, stenosis, old injuries and strains, and may be more prone to the flare-up of an old problem simply because they have "been around" longer.

STRESS

"The hormones that are released during emotional and mental stress are increased and those that are natural pain blockers are suppressed," according to Glett.

PREVENTION

Therapists at the LAC have witnessed the healing power of land-based and warm-water therapy and injury specific rehabilitation. They know the detriments of inactivity and create an individualized approach to each person's needs. The CDC confirms that nearly 44% of adults with arthritis report no leisure-time physical activity (compared with about 36% of adults without arthritis).



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Not being physically active is a risk factor for other chronic diseases (e.g., heart disease, diabetes, obesity) and interferes with management of these conditions. People with arthritis and other physical challenges need to know how to overcome barriers to physical activity to help avoid bringing on more problems.

Glett said there are ways to help alleviate the pain.

STAND UP FOR GOOD BACK HEALTH

The negative effects of sitting can be reduced by standing up frequently. Every 20 minutes stand and place your hands in the middle of your back and arch the back gently, leaning the shoulders back, (as long as you don't have balance issues, and with your doctor's permission).

POSTURE

Proper biomechanics are so important. Physical therapists at the Peter B. Lewis Aquatic & Therapy Center offer safe lifting techniques to help clients learn safe lifting for home and work. In addition, they can guide you in a safe basic exercise program to stay healthy in any care-giving situation. A visit to your doctor for a recommendation to the LAC will help, especially when pain is severe or persistent.

LACK OF SLEEP

How much sleep is enough? Each individual's needs may vary, but eight hours of good sleep in a comfortable bed is generally recommended.

HEALTHY HABITS AND LIFESTYLE

Good nutrition, adequate hydration, proper sleep, and avoiding bad habits like smoking, and excessive alcohol, also help us stay healthy and ward off disease.

About our Expert:

Deb Glett, Physical Therapist, received her Bachelors of Arts / Liberal Arts, followed by Bachelors of Science in Physical Therapy both from The Ohio State University. She has been a physical therapist since 1994. She is McKenzie certified in spine assessment and treatment and is also certified in golf fitness by the Titleist Performance Institute. Deb, like all of our Therapists, enjoys and can work with anyone that needs Physical Therapy. In Deb's spare time she enjoys cross country skiing, and hiking with her family.

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