



EXCELLENCE IN CARING™

HEALTHY AGING INFORMATION

We have all your aging needs covered

Take Back Your Healthy Back

Sitting is one of the most common causes of lower back pain. Any extended sitting makes it worse. The negative effects of sitting can be reduced by standing up frequently. Debra Glett, PT, DPT, McKenzie Certified Spine Specialist, MDT and Titleist Performance Institute Certified Golf Fitness Instructor at Peter B. Lewis Aquatic & Therapy Center suggests that every 20 minutes you try to stand, place your hands in the middle of your back and arch back gently, leaning the shoulders back, (as long as you don't have pain or balance issues, and with your doctor's permission).

- When bending and lifting, don't lift using your back
- Use your legs for safe biomechanics
- Physical therapists at the Center offer safe lifting techniques for home and work.
- Therapists can guide you in a safe basic exercise program to stay healthy in any care-giving situation
- The Center customizes each person's program to help them do the things they want and need to do - without increasing their pain, be it golf, mowing the yard, travel, lifting grandkids or doing laundry

Debra said the Center customizes each person's program to help them do the things they want and need to do. "People are often surprised at the techniques we teach them to help them continue to do what they would otherwise have trouble doing. We help them get back to their life."

Therapists at the Center have witnessed the healing power of land-based and warm-water therapy and injury-specific rehabilitation. From the McKenzie Method, to dry needling, to warm water and occupational therapies, the Center has your individualized plan to ease your back pain.

Call the Center for an appointment and see what they can do for your back pain, and receive a free back and balance screening at 216-595-7345.