



SOLVE YOUR LOWER BACK PAIN THIS HOLIDAY SEASON

**How Lower Back Pain
& Neck Pain
Are Connected**

Direct Access
Save Time, Save Money, Improve
Your Health Naturally

Healthy Recipe
Try This Healthy Recipe
Perfect For The Holidays

Is pain or injury keeping you from enjoying life? Schedule your consultation with a physical therapist today by calling 405.478.5333!

The end of the year is coming quick, make sure you don't waste your insurance benefits! Come back to physical therapy today!



HOW LOWER BACK PAIN AND NECK PAIN ARE CONNECTED

DO YOU NOTICE THE MORE YOUR LOWER BACK HURTS, THE TIGHTER YOUR NECK FEELS?

Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine connected. At Courcier Clinic, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physical therapists at Courcier Clinic, you can find solutions to your pain and learn how to help prevent future episodes! Our therapists specialize in sequenced hands-on manual therapy and offer diagnostic testing to get to the root of your pain.

HOW PAIN IN THE SPINE IS CONNECTED TO YOUR NECK

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other. Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves. When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity. If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.

Call Courcier Clinic at 405.478.5333 to schedule your appointment today!
Visit courcierclinic.com for more information.

HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

Treatments for your neck pain will most likely include manual or "hands-on" therapy, which consists of special techniques designed to reduce the stiffness of your neck and improve its range of motion.

Our physical therapists will also provide you with targeted exercises that will strengthen, build, and improve the muscles and tissues in your neck. We will focus on improving your posture to aid in the recovery of your neck muscles, as well as avoiding re-injury in the future. Additional treatment services may include ice and heat therapy, ultrasound, or electrical stimulation, or EMG testing.

An EMG (Electromyogram) measures the electrical activity of muscles at rest and during contraction. Nerves control the muscles in the body by electrical signals (impulses), and these impulses cause the muscles to react in specific ways. Nerve and muscle disorders cause the muscles to react in abnormal ways.

During an Electromyography study, a very small pin is inserted in the muscle that helps us evaluate the condition of your muscles. This can help us find issues with pinched nerves and herniated discs. This test is not painful and actually will aid your therapist in determining the best ways to treat your neck pain successfully.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At Courcier Clinic, our physical therapist's end goal is the same as yours – to get you feeling better!

WHAT TO EXPECT IN PHYSICAL THERAPY

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

Limit Sitting For Too Long

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture

Your spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a "good" posture.

Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

CALL OUR CLINIC TODAY

Visit a physical therapist at Courcier Clinic for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

Source: https://journals.lww.com/pt-journal/fulltext/2017/08/08/benefits_of_posture_correction_and_back_pain.3.aspx
• <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4419192/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3895542/>
• <http://chronicmusclepainandneuropathicpain.com/articles/178/1786/3299-4206-0007-9>



Come back to PT! Call Courcier Clinic today at 405.478.5333 or visit courcierclinic.com to see how we can help you!

If pain limits you from daily tasks, you need hands-on P.T. Call for a free screen or schedule today if you don't want to wait for the workshop!

SHOULDER PAIN WORKSHOP!

*Join us
January 12th
at 6:30 PM!*

Jeff Courcier will be teaching a Shoulder pain workshop on January 12th, 2022 at 6:30 PM. This will be an informative workshop for people to learn how Physical Therapy can help relieve your shoulder pain and improve your function!
Neuropathy Workshop coming soon, dates TBA!

Call 405-478-5333 to reserve your spot today!

DIRECT ACCESS & INSURANCE INFORMATION

Save Time, Save Money, Improve Your Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a physician referral is not needed. In the state of Oklahoma, you have direct access to physical therapy! You have the power to choose. You can schedule a Wellness Eval/Treatment if you are still hurting and not getting the help you need. The P.T.s at Courcier Clinic have extensive specialty training in sequenced manual therapy, functional dry needling, diagnostics using EMG and MSKUS to provide a higher level of care that is not found at all P.T. clinics. If you have failed at other traditional P.T. clinics and you have chronic pain, there is hope for help at our clinic.

Save money & time and get the BEST results through PT First.

Merry Christmas & A Happy New Year!



Our team at Courcier Clinic wishes you and your loved ones a Merry Christmas and a Happy New Year! As you begin to plan out your New Year's goals, we are here to help you claim a pain-free 2022. Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. It's never too late to start taking an interest in your health and overall wellbeing. Let Courcier Clinic help you on your journey to becoming strong, healthy, and active in 2022.

A New Year Means A New You

LET COURCIER CLINIC HELP YOU REACH YOUR HEALTH & FITNESS GOALS THIS YEAR!

The professionals at Courcier Clinic will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.

CALL 405.478.5333 TO SCHEDULE YOUR APPOINTMENT WITH COURCIER CLINIC TODAY!

Love Us?
Leave us a review!



Scan the QR Code with your smartphone's camera to visit our Google Reviews page and tell the world about your experience!

Healthy Recipe

Holiday Hummus & Veggie Santa Tray

INGREDIENTS

- 17 oz hummus
- 1 medium head cauliflower, broken into florets
- 1-1/2 c cherry tomatoes
- 2 small sweet red peppers, thinly sliced
- 1/2 c ranch salad dressing
- 1 piece string cheese (1 oz)
- 1 sliced ripe olive
- 1 roasted sweet red pepper strip
- 1/2 tsp paprika
- Additional cauliflower florets, cherry tomatoes and sweet red pepper slices

DIRECTIONS

1. Start making a Santa face by spreading hummus in an 8-in. circle over a large platter. For Santa's beard, place several cauliflower florets at bottom of hummus circle. For rim of stocking cap, place florets at top of circle. Use tomatoes and red pepper slices to form cap; add cauliflower florets to create a pom-pom for it (or, if desired, use a small bowl of ranch dressing instead).
2. To make a nose, place one tomato in center of hummus circle. Cut string cheese in half lengthwise, then cut in half crosswise; use two cheese pieces for eyebrows and two for a mustache. For eyes, cut olive slice in half. Shape red pepper strip into a smile. Sprinkle across cheeks.
3. Refrigerate until serving. Serve with additional cauliflower, tomatoes and pepper slices for dipping.

<https://www.tastetothome.com/recipes/holiday-hummus-and-veggie-santa-tray/>

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