

# STRONG BODY STRONG MIND

## BULLETIN

THE MONTHLY NEWSLETTER FOR PATIENTS AND CLIENTS OF GENUINE CARE PHYSICAL THERAPY.  
LEARN SECRETS TO KEEP STRONG AND ACTIVE, MAINTAIN INDEPENDENCE AND LIVE FREE FROM MEDICATION



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### What exercises do I need to do?

One of the questions I've been asked most frequently as a physical therapist is: "what exercises do I need to do?". There are so many different kinds of exercises, from stretching, cardio, core, resistance, and balance, all the way through to breathing and everything in between. With different names such as Yoga, Pilates, Crossfit, and Beach Body, it can definitely be confusing as to what exercises are right for you, let alone where to start. It can become so discouraging that you might think doing practically any form of exercise, no matter how ineffective, is better than doing nothing at all.

Alternatively, it may not even be about understanding which exercise to do... it's possible that you've been injured and just don't know how to get back on the horse, so to speak.

As a medical professional, it is heartbreaking

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when I see people give up on training or sports due to the discouragement of an injury. When this happens, they lose all the benefits of exercise.

In lieu of this – whether you just don’t know where to start, or whether an injury has thrown you off – it is essential to know which activities are fitting for your body and particular lifestyle. There is no such thing as the "one-fit-for-all" exercise; nor is there a single exercise that is better than the rest. Essentially, we all need five different kinds of exercises: stretching, balance, core, strengthening, and cardio, albeit in different variations. The two great questions would be these: "how can I maximize the benefit of doing exercise, and, what exercises do I need to add and focus more on?". I'd like to offer a brief introduction of all five exercises, so that answering these questions is less of a challenge. In other words, I'll help you find out which exercises you are missing out on and those you need to do more of.

### 1. Flexibility is Key- Stretching

Remember, people get stiff and old, not old and stiff. Do not accept that stiffness is a natural consequence of aging. The first thing we need to recognize is the fact that people's lifestyles have changed in modern society. We all know that most people work sitting at a desk, driving a car in a seated position, eat dinner sitting down, and sleep in pedal posture. All of these postures limit mobility if done for prolonged periods of time. One activity is particularly distressing in this regard: playing games using a smartphone. This behavior is not just limited to younger children anymore. In fact, according to an AARP survey, older people actually play mobile games more often than youngsters! All this results in stiffness of the neck, back, and legs. If you're a 'sitter' at heart, you may recognize that you are slower than others when you walk, despite the fact that you may walk harder. That is a sign of stiffness, especially in your hip flexors. Starting an exercise routine that incorporates stretching is very important for preventing not only the aforementioned stiffness, but for the prevention of injury, too! So, in light of this knowledge, here are a few important muscles you need to start stretching: chest muscles (pectoralis), hip flexors, quads, upper trapezius, and calves.



- ▲ Hip flexors stretching right side
- ◀ Pectoralis stretching





## 2. Balance Matters

Balancing is a combined effort of your sensory, equilibrium, brain, and motor systems. The neural system exists all around your body, thereby enabling it to sense where your body parts are located and allowing them to move according to constantly changing environments. The "equilibrium" is the sensory center in your inner ear, detecting your speed and vertical orientation. In a dialogue with the equilibrium, the brain collects data and analyzes it, after which it then fires your motor system accordingly. All this drives your ability to balance. Right now you might be thinking: "I'm not old enough to worry about my balance." The truth is, though, that I've witnessed even professional players experiencing balancing issues, and, ultimately, it affects their sporting abilities. To train our sensory system, the brain, and equilibrium, we need to train the inner ear first, as that controls balance. So, how can we educate the sensory system? I know all this may sound entirely new to you, so let's start with the basics. First, slow down your walking speed and feel – with your whole body – where you are placing your weight: is it heel to toe, and is the surface you're stepping on hard or soft, or

perhaps even or uneven? Next, feel the weight shift from one leg to the other... right and left. Feel your foot, knee, and hip. Make sure you keep an upright posture. Videotape your walk and see your posture: it might surprise you. You may also hear the sound of your steps. If you hear big pounding noises, then your walking is too hard; remember, all the joints that bear your weight suffer under that constant pounding movement. Thus, walk softly: imagine someone is pulling your hair from the sky above you, thereby enabling you to stand tall and upright. The next step in the process is to stand in front of a countertop or a piece of heavy furniture and try lifting one leg up, bending it at the knee. Make it trickier by closing one eye, and then the other, in the midst of balancing – hold on to the furniture if you lose your balance. How long can you balance for? Was there a big difference when you closed your eyes? Count and repeat the action; see whether you can improve on your time.

## 3. Core Strength

It's likely that you've probably heard of core strength, but what is it exactly, and why is so important? Well, it forms the center and entire base of your body. I've experienced that simply strengthening the core increases someone's balance tremendously. Do the one-leg standing balance exercise – described in exercise 2 – and, in the midst of it, tighten your abdomen slightly. You might see improvement immediately. Not only does this alleviate pain, but it increases exercise performance and prevents injury, controls bowel and bladder accordingly, and plays critical roles in sexual function as well. If you want to further improve your core strength, a greater focus on your core muscles is needed. Core muscles are located in your abdomen and at the bottom of your pelvic floor. They stabilize your pelvis and your back. To work on them, specifically, do this basic core exercise first: lay flat with both feet on the floor and bend your knees 90 degrees. Find your pelvic bones on both sides using both your hands, then move your leg as though you are walking. At this point, you can feel how much your pelvis moves by noticing the rhythm in your fingers; this all happens without actually engaging your core. To engage your core actively, follow these cues:

1. Place a pillow between knees and squeeze gently.
2. Brace/narrow your abdomen: imagine sinking your belly button down to the floor.
3. At the same time, engage your pelvic floor muscles by squeezing your anus muscle, pee muscle (image you are trying to slow down your pee), and vagina muscle (only for ladies, yes, you don't have this if you are a guy).
4. Then, straighten your knee by lifting one foot at a time – only 1 inch – while squeezing the core muscle, making sure your pelvic bones are not moving.
5. Lastly, take a break for a few seconds then repeat phases 1-4.



Repeat this motion twice in sets of 10, and make sure you are breathing normally. If you aren't, you are pushing yourself too hard. In order to progress from this exercise and challenge yourself a bit more, lift your leg higher while you minimize pelvic motion. Also you add lift weights on the opposite side of the leg you are lifting you via the use of your arms. You can start with an easier pose by lying down, then moving to a sitting position in a chair, and then sitting on a therapy ball. This training will help you protect your back and increase power in your body through the use and strengthening of your core muscles.



## 4. Lifting Weights

We all know lifting weight is important, but most injuries happen during strengthening routines. Muscle grows when it is loaded up, and the heavier the load, the faster the muscle grows. For this reason, the wrong technique, overuse, and overloading are the main reasons people get injured. Here are a few things you can pay attention to in order to maximize efficiency and minimize the risk of injury: start with a light weight that you feel is easy to lift at least 20 times. Once you've stuck to this weight for a week, you can start increasing the load. Some muscle groups are usually overlooked and are thus weaker than others. These, therefore, need to be focused on more intensely:

- ❖ Muscles between the shoulder blade and mid-back (lower Trapezius and serratus anterior): lie on your stomach in a bench or in the edge of a bed so your arm hang and lift up 3-5 LB weight from the floor into a sideways position with a straight elbow (T shape), elbow bent (W shape), then 45 degree forward (Y shape); then, slowly return down to the floor.
- ❖ Deep neck flexors: tuck your chin in and, at the same time, look down to 15-20 degrees. Repeat this for 2 minutes.
- ❖ The gluteus muscles rather than the quad muscles: these can be strengthened by alternate bridging exercises. (make sure your pelvis are leveled)

## 5. Aerobic Exercise

Lastly, endurance/aerobic exercises such as jogging, cycling, and swimming are essential. These types of activities demand more oxygen through boosting your breathing and are usually more effective at a lower intensity for a longer duration. It is, however, important to monitor your pace and intensity during these types of activities. Experts have actually unmasked the process whereby aerobic exercise should be analyzed in this way, naming it "the 10% rule". This rule comes into play depending on your overall daily condition: if it's good, push yourself 10% harder, if it's bad, reduce the intensity and distance by 10%. In other words, pace yourself. Start at a lower intensity. Test your

pace by applying a talk test; you can measure your endurance and intensity level by judging whether you can talk and sing without puffing at all. After approximately a week, you can increase your pace to a moderate intensity at which you can comfortably speak, but not sing. After 2-3 weeks of training, you can proceed to a vigorous intensity, meaning you can't say more than a few words without gasping for breath. You can then start increasing your intensity by pushing yourself for a few minutes during your run and then gradually increasing your overall pace over a longer period of time – think "10%".

Here are a few more tips just for you:

- ❖ Choose a small group or one-on-one exercises as this decreases the chances of an injury.
- ❖ Hire an exercise expert who can examine your body and prescribe appropriate exercises.
- ❖ Invest in your footwear by acquiring customized orthotics and good trainer shoes.
- ❖ Expect good 'workout soreness' and 'stretching pain', but do not ignore other pain. Remember, consult a physical therapist if you are in pain during any exercise.
- ❖ Dehydration is not good for your health: drink water 20 minutes before exercise and continue to do so during it, too.



To end this post off, and having outlined the five major exercise genres you should be looking into to stay healthy, I'd like to remind you that we have 11 organ-systems, all of which are positively affected by exercise. Even your skin looks better with exercise! By doing all five different exercise variations effectively, safely, and by following the above tips, your health and fitness will increase dramatically.

If you have any questions, feel free to contact us whenever you need to. If you want to learn more about personalized exercises that are right for you, call us at 858-847-2025: no fees and obligations, period. We're here to help you find the best exercises, stretches, and training routine to ensure that you are pain-free, healthy, and living the life you are meant to: one full of health and happiness. We hope to chat to you soon!

# Things That Kill You Slowly



**We Find it Difficult  
to Accept that our  
Habits May be  
Killing us Slowly.**

I distinctly remember when my 17year old teenage son wanted to go the movie theater with me: I knew it was a rare opportunity, so I didn't want to miss it. The problem was, though, that we ended up watching a movie one wouldn't want to watch even after the film goes to DVD or Netflix... "Bad Boyz". Don't misunderstand me, please: I don't intend to critique the film, really. In fact, I enjoyed watching it, not least of all because I was with my son. And though it isn't my favorite movie, there are one or two things that stuck out for me, the most interesting of which is this one particular line: "Kill him slowly".

Hmm. Now why would this stand out for me? Let me give you some context first: the female villain wanted to make sure the main character died slowly and painfully. Why? Presumably because she wanted to cause him as much pain as possible. After all, dying a quick death is better than dying slowly. Makes sense, right? I thought this quite ironic. In fact, we are all concerned about immediate threats like mass shootings or viruses, etc., but, we aren't aware of things that kill us slowly and painfully.

Let's think about this powerful idea via the use of a story. Recently, one of my patients complained about a man he saw outside. He explained that this particular man wore a mask to protect himself from viral infection, yet he removed his mask in order to smoke. Now, we all understand the harmful effects of cigarette smoking and alcohol abuse, as well as the resultant risks of lung or liver cancer, so why did this man prioritize immediate safety over long-term safety? Not so many years ago, people believed that filter tips would protect them from the dangers of tar and nicotine. In fact, people still cling on to the belief that those little changes will prevent damage in the future. At the end of the day, it's human nature. We find it difficult to accept that our habits may be killing us slowly. In fact, it goes further than that: big-pharma, big companies, tobacco barons, and various other large corporations spend millions upon millions every year, just so that we believe we're safe. It's time to take note. That's why we are going to talk about some of the things that are killing us slowly, that is, those potential slow-killers that are going to be very obvious in the future, possibly within just a few years of discovery.



## Red/Processed Meat



Extensive, quality research has shown an increased risk of stomach, rectum, bladder, and colon cancer in connection to a diet which incorporates red and/or processed meats. That same research goes on to suggest that white meat and fish tend to reduce the chances of illness. For those who are meat lovers, though, nothing tastes better than a juicy steak or BBQ rib. Unfortunately, it is time to re-think your meal options. Red and processed meats promote harmful gene expression, also known as damage to your DNA. It sounds scary, I know. And in fact, we should be scared. You see, damage/repair and good/harmful gene expression happens all the time, but the problem occurs when the balance gets out of control. For this reason, there is enough evidence to include a warning on processed meat such as sausage, bacon, and cold cuts, much akin to those on cigarette boxes. My advice: avoid these processed foods as much as you can. Try these healthier alternatives instead:

- ❖ If you are not a vegetarian, try cutting down on your meat intake: meat needs to be a side dish, not the main. Combining meats with vegetables reduces the chance that the N-nitroso compound – which is potentially cancer-causing – may damage the DNA in our body.



- ❖ Choose meat wisely. Rosy colored meat doesn't necessarily mean it is good, as manufacturers may pump carbon monoxide and variety of additives into it. Stick to grass-fed and organic choices where possible.

And when it comes to the preparation of meat, heed these precautions:

1. Removing fat and blood (juice) is important, because polycyclic aromatic hydrocarbons (PAHs), which cause changes in DNA, can be formed when fat and juices start smoking over direct heat. Scientists found that frequent eating of well-done, fried, or barbecued meats was associated with increased risks of cancer.
2. Marinate meat with citrus and spices, as this may reduce Heterocyclic amines (HCAs), which are cancer causers.
3. Cook slow, that is, on a low temperature, and turn meat over frequently: this may reduce the production of HCA's significantly.

## Screen Time



This is a serious problem for people of all ages, ranging from, for example, my 3 year old niece, all the way to my 78 year old father. And if I'm being honest... me too. The truth is, there is a strong relationship between screen time and depression, as well as screen time and obesity, both of which can cause all kinds of medical problems. The odds do not favor us... in fact, we all carry a TV in our palm! Smartphones are very handy, yes, and the smaller the screen, the cooler we are, right? Well, not really. The smaller the screen, the more we actually slouch, thereby leading to neck and back pain, as well as balancing issues. A balance discrepancy could lead to a fall and broken bones.

There are a few things we hardly ever think about, like how much big companies invest in the psychological aspects of this type of technology. Companies that make billions of dollars are not interested in helping people control addictions to TV or smartphones. In fact, they often hire psychologists to research ways in which products can be altered to make people use them even more often! Scary. There is a reason why IT companies donate tablet computers to elementary schools: they want our kids and grandkids to start using them as early as possible. Lifelong customers can be recruited at an early age. Nowadays, it seems as though everyone is living two realities. We always see people texting and driving, or cross-guards holding stop signs in one hand and smartphones in the other. Here's a fact you may not have known: teenage pregnancy went down since the invention of the iPhone! And whilst this may seem positive, there is a negative side to it: teenagers no longer socialize; they post pictures online, thereby avoiding personal

contact. Smartphones and tablets are destroying our ability to form real, permanent, profound interconnected human relationships. This bizarre state-of-being results in people feeling depressed and miserable, as they constantly compare their own lives to the online versions they perceive on the web. None of it is real...it is going to kill us – slowly. It is going to affect our physical and psychological wellbeing.

## Pollution

We take our clean air in San Diego for granted. Environmental factors play a big role in our wellbeing, and they become integral when we decide where to live, travel, or where to work. Even though the overall condition in San Diego is not bad, we need to pay attention to the environment around us. Living closer to a major highway, working outside – where traffic is heavy – working at a gas station, or being exposed to pesticides, herbicides, or any other chemical, can drastically affect our health. Often, people who have asthma or other respiratory problems have only one option: to move to less polluted areas.

***Furthermore, research also indicates that such alterations in bio-rhythms affect human DNA, thereby giving way to disease.***

## Shiftwork

Shiftwork, particularly night shifts, causes a disruption in one's biological rhythms, thereby affecting social and family life. Researchers point out that the disruption of normal rhythms can cause sex hormone and melatonin secretion, both of which can cause breast or prostate cancer as a result. Furthermore, research also indicates that such alterations in bio-rhythms affect human DNA, thereby giving way to disease. Moreover, when you work at night, it is hard to meet with friends and families; not having a healthy, loving social life negatively affects our health in many ways.





## Lack of Social Activities

We all know that a sedentary lifestyle comes with medical complications such as obesity, diabetes, heart disease, etc. Staying active and working out helps, but we need to do more than that. We need to be social... offline. Please don't give up on this aspect of your lifestyle because of a few bad experiences. Find a space in which you can meet people with an open heart and mind, safely. A few of the happiest people I know do many activities outside of their houses: one goes to a prison and teaches classes to the prisoners, while the other goes to a school in a poor neighborhood and helps young scholars and their teachers. Learn from their examples: go to a local school, church, volunteering event, community center, or gym, and meet people; you are going to meet a friend who will last for the rest of your life. When you have a good time with friends and family, your positive gene expression increases tremendously.

## Overuse of pain medication.

One in three Medicare beneficiaries receive an opioid prescription, and one in four of them became long terms abusers of the drug. And what's more, did you know that strong painkillers, such as opioids and opiates, triple your chances of feeling depressed? While the

United States makes-up 5% of the world's population, we consume more than 80% of all the opioids prescribed worldwide. More than 100 people a day die due to opioid abuse in America alone., This is such a crisis that life expectancy in America has consistently decreased for two years. This is No. 1 slow but painful killer. So what is affecting the realization of long, strong lives? Opioids. Given this, how did America get to this point? How have the last two decades born a rapid rise in disability claims and a horrendous shortening of overall life expectancy? Opioid addiction has now been classed as an epidemic. But, it's no wonder, really, since these tablets rob individuals of their independence, mobility, and ultimately, lives.

The above scenarios are all part of a world in which we die slowly. My article is not meant to be read as a negative piece, rather I want you to reflect on the ideas herein and avoid falling into the same pitfalls as many of those around you. Live life to the full – don't die slowly because of habits and mindsets you've held for years. Break free and find a way out of your pain, sadness, and hopelessness. There is a way out. I want you to live a long, happy, joy-filled life, free of pain and heartache. Avoid industrialized areas, spend quality time with family and friends, do something truly enriching, eat well, and remember to smile. Until next time, I wish you happiness.

# FROZEN Shoulder



This morning was the first time I couldn't reach my hair to wash. I've been struggling for a couple of weeks, but today I had to use my left arm. I've been having trouble putting on my shirts. I've been waking up more and more each night from the pain. You might have Frozen Shoulder.

Since your shoulder is the most mobile and active joint in your body, experiencing frozen shoulder can cause great limitation in your daily life.

Frozen shoulder is a disorder in which the shoulder joint capsule becomes inflamed and stiff, thus causing adhesion. It occurs more frequently in individuals between the age of 40 and 60, especially those who are female, suffer from diabetes or thyroid related issues are at a higher risk of acquiring frozen shoulder than others.

A hallmark giveaway for frozen shoulder is loss of rotation motion which you can test it by putting the elbow at your side and rotating your arm away from your body, take a look at what the medical profession call it's 'stages, below.

During the first stage of frozen shoulder, the patient undergoes what is termed the 'painful phase'. He/she starts to feel pain even while at rest and his/her motion is minimally restricted. These symptoms could last for 2-9 months.

The second stage is the 'frozen phase', characterized by further motion restriction and severe pain even if the patient is in a state of inactivity. You'll know you are in this phase once normal everyday routines are disrupted and the pain is greatly increased.

Finally, the patient experiences a 'thawing phase'. As the name suggests, the symptoms of 'frozen shoulder' seem to ease off, thus causing a much needed reduction in pain. If you're in this phase, you're over the hump – but be careful, things might not return to normal immediately.

It is estimated that spontaneous recovery is possible after two years. But, studies have shown that 50% of patients still have motion limitation more than 3 years after the onset of pain, and, what's worse, 27 % to 50% of patients report persistent mild pain for up to seven years.

So, how can you avoid those odds, and, if you don't want to wait years for the pain to subside, what frozen shoulder treatments are available to you today?

The first of these is physical therapy. Without a doubt, help from a professional PT is by far the most successful way of conquering frozen shoulder. In my clinic alone, I have witnessed countless patients get treated for frozen shoulder with a phenomenal success rate. Because PT is accompanied by a personal set of stretches, ongoing advice, and treatment, it stands as the single most effective way of reducing pain, gaining mobility, and recovering from frozen shoulder.

One of option is surgical treatment. But be warned: if you decide to go this route please be aware that there are pros and cons. Research showed you can recover your arm motion significantly but this procedure is hard on your body. Forceful stretching during the surgery may cause structural damages to your arm.

In light of this, physical therapy is by far the safest and most effective way to treat frozen shoulder. To find out how YOU can receive expert help, call us today to arrange a **FREE consultation visit**.



# Mythbusters For Back Pain

Lower back pain affects around 60-90% of individuals during their lifetime. In fact, it is the most common reason people seek medical attention, second only to the common cold. That having been said, what does such a figure cost? In the U.S alone, we spend more money on the management of back pain (\$90 billion a year) than on cancer research, or even on foreign aid government expenditure! Back pain is so common that it's likely you will know someone at work or in your family suffering from it. And yet, despite this massive social issue, most people remain misinformed about what causes back pain and how it can be overcome. In this post, I hope to differentiate the facts from the myths in order to help you manage and overcome back pain, right now.

Because of the misunderstood nature of back pain, it's important to debunk the myths in order to get to the truth. So, let's jump straight in:

## Myth 1

*"I am in pain, so I need to rest."*

This is one of the most common misconceptions. In fact, research strongly opposes this idea. Rest is NOT a way to overcome back pain. In truth, the way to health is to not rest longer than 1-2 days at a time. People who spend too much time resting their backs are generally considered "avoiders", that is, people who want to avoid any activities due to pain. Avoiders have a much higher risk of developing increased, chronic pain. Of course, I'm not suggesting you find activities that necessarily increase your pain, but I am suggesting that you stay active by doing other activities that don't provoke the issue. Why not try gentle walking or Pilates? Make the decision to get out of bed and find some activities that you enjoy doing. That is the key to overcoming your back pain.

## Myth 3

*"I need to have an MRI test to show what is wrong."*

An MRI should not be your first port of call in the case of back pain. Only if conservative therapy has failed should you consider taking a MRI or X-ray. If you have neurological signs such as foot dropping/dragging, sensation changes, bowel/bladder function changes, and/or a shooting pains down the leg, then a MRI is recommended. Research shows that the results of a MRI, that is, possible structural damage or abnormalities, do not accurately predict what contributes to back pain. In fact, even if you do not feel any back pain, a MRI may falsely predict that you do feel pain. The truth is, 50-80% of individuals who have spinal disc problems, as indicated by an MRI, have no complaints about back pain. One study even shows that taking a MRI in the early stages of pain tripled the recommendations for surgery, but did not improve the outcome for the patient. Make a MRI your last option.

## Myth 2

*"My back pain is constant and not getting better... that means something is seriously wrong."*

The fact of the matter is, regardless of what one might imagine, the spine is an incredibly strong structure with great support offered by muscles, ligaments, tendons, etc. Thus, the vast majority of lower back pain happens in the absence of serious structural damage (>90%). Only 1% of people with low back pain have serious problems such as a tumors, inflammation, or infection. Only 2% of back pain comes from other organs such as the bladder, kidney, prostate, etc. True sciatica, or "nerve pinching", happens to only 5% or less of the total population suffering from back pain. Therefore, it's important to understand that back pain isn't necessary to do with structural damage: the rarity of spinal issues present in back pain sufferers is evident in the research. The truth is, finding the root cause of the problem is essential to healing back pain, and more often than not there is no serious structural damage at all.

## Myth 4

*"Heat and massages make me feel better, so I am sure they will cure me."*

In truth, heat and massages only give you temporary relief. Research indicates that both options lack long term benefits. That having been said, both heat treatments and massages can be used as a supplement to physical therapy and stretching. Heat and massages help your muscles to relax, but in most cases tight muscles aren't the source of your back pain: they are just a by-product of the main issue.



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## Myth 5

*"An inversion table will cure my sciatica."*

An inversion table is a device used, in some cases, to treat back pain. The patient's feet are strapped in and he/she is tilted backwards, thereby applying traction force to the spine through the use of body weight. It has gained popularity in the last few years, and in physical therapy treatment we sometimes use a traction machine to help patients. Ours, however, is horizontal. Importantly, though, in physical therapy we only use traction devices in special

cases. In fact, according to Stanton's 2011 study, less than 10% of patients with back pain fall into the group that might benefit from traction. In other words, inversion tables or traction machines have benefits, but are not for everybody. In order to determine whether somebody will benefit from traction, one must perform a thorough examination, preferably conducted by a professional physical therapist. Another point to consider before using this type of device is blood flow. In an inverted position, blood pressure in the brain and eyeballs increases dramatically, so it is not recommended for those who have high blood pressure or eye problems.

## Myth 6

*"I have back pain because of my age."*

As we all know, aging is irreversible and is accompanied changes. This is no different when it comes to our spine. Normal aging processes affect our backs by narrowing the spinal joint spaces and thinning the discs. Despite this, the occurrence of back pain is actually most prevalent between the ages of 35-55. Age doesn't seem to play a massive role in back pain! By not resigning to lower-back pain as an expected symptom of aging, your chances of recovery will increase significantly.

Despite diminishing reimbursement rates for medical services, physical therapy is one of the few professions that still takes the time to perform a comprehensive physical examination in order to determine a course of treatment. Genuine Care Physical Therapy is one the very few clinics that utilizes 1:1 treatment with a licensed, board-certified specialist. Furthermore, our sessions last for over an hour. Even without a referral, our qualified physical therapists can make the differences you need. We can suggest a customized plan for individuals with lower back pain. Moreover, physical therapists can help restore the motion that you've lost via the use of hands-on treatment of spinal joints, muscles, and soft tissues. Physical therapists can also prescribe exercises fit for each individual's needs. Furthermore, they can also instruct patients about proper body mechanics and strengthening programs in order to substantially lower the chance of the problem resurfacing.

Don't let back pain determine the quality of your life. With 6 common myths now debunked, we invite you to call us TODAY for more information and treatment. We look forward to helping you achieve the pain free, active lifestyle you deserve.

**We help You Become  
More ACTIVE AND  
MOBILE FOR LIFE**  
*without painkillers,  
injections, and surgeries.*

Located in Del Mar Highland Town  
Center Between El Camino Real and  
Del Mar Height RD.



## Testimonials

### Susan in her 50's from Poway

I could barely walk my hips hurt so badly. Only a few weeks later I was walking 20,000 steps a day on vacation with no pain! I was surprised at the extent to which physical therapy helped and the quick progress. They really listened and tried to get to the root of my pain and gave me manageable homework to improve flexibility. I'm so grateful!!