



**AGEWELL**  
Physical Therapy & Wellness, P.C.

**WE'VE BEEN VACCINATED!**

Read more inside on the measures we're taking to keep you safe in our clinic!

*Ask About  
Our FREE  
Transportation!*

# **YOU CAN OVERCOME BACK PAIN: LEARN HOW TO MAKE RECOVERY YOURS**

Read more inside on How Physical Therapy Helps Back Pain,  
Meet The Owners, and We've Been Vaccinated!

[www.AgeWellIPT.com](http://www.AgeWellIPT.com)



## YOU CAN OVERCOME BACK PAIN: LEARN HOW TO MAKE RECOVERY YOURS

Are you struggling with lower back pain? Did you injure your back when bending or twisting? The good news is that at AgeWell Physical Therapy, P.C., our physical therapists are experts at helping you find lasting relief!

Back pain is a debilitating condition that up to 80 % of the population experiences at some point in their life. One in every four Americans has experienced back pain within the last three months. The pain itself can hinder your ability to sit, stand, walk or bend. It can also impede your time spent doing recreational activities and sports.

The type of pain felt in your back can vary, from a slight nagging ache to crippling, shooting pains. Because of this, it is no secret that back pain can limit you from enjoying your daily life to the fullest. With guidance from your physical therapist, you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

**Call today to set up an appointment with one of our highly trained therapists. At AgeWell Physical Therapy, P.C., you can get the help you need to improve your quality of life!**

### Interesting Facts About Back Pain

Back pain is an all-encompassing term used to describe many conditions that cause pain in the lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.

Because back pain is so commonplace, there is a lot of information we have on the topic. [Here are some interesting facts about back pain:](#)

- Worldwide, back pain is the single leading cause of disability, preventing people from working and engaging in everyday activities.
- Back pain accounts for more than 264 million lost workdays in one year—that's two work days for every full-time worker in the country.
- Back pain is the third most common reason for visits to the doctor's office, behind skin disorders and osteoarthritis/joint disorders.
- Back pain runs second, only after the common cold, as the top reason for visiting a healthcare provider in the United States.
- More than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.

### Get Your Life Back with AgeWell Physical Therapy

*Give us a call at (516) 488-8808 today to schedule your appointment!*

# HOW PHYSICAL THERAPY HELPS BACK PAIN

Fortunately, back pain can be relieved with the help of physical therapy. Physical therapy can help improve your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended.

Your physical therapist will also work with you to implement an individualized treatment plan based on your specific needs. The main stages of your program will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches, and exercises.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

While consulting with a physical therapist is the first step in finding relief, the most effective solution to back pain includes learning what to do and why. Armed with an understanding of your condition, we will teach you an exercise program that ensures you find lasting relief once and for all!

## Contact Our Clinic Today

Call AgeWell Physical Therapy, P.C. today to set up an appointment with one of our therapists. Your physical therapist will work with you to address and treat the underlying cause of your back pain.

**No matter how severe it may be, we can help you find relief so you can get back to doing the activities you love and living your life comfortably!**

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>

<https://pubmed.ncbi.nlm.nih.gov/26752509/>

<https://bjsm.bmj.com/content/55/9/468>

**Our goal is to help you reach yours! Come back into our clinic for treatment and take a step towards better health.**

*Give us a call at (516) 488-8808 today!*



## HEALTHY RECIPE ROASTED VEGETABLES

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2" pieces
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper. Bake for 20 to 25 minutes, until the vegetables are tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecans and cranberries.

# SERVING YOUR COMMUNITY FOR 20 YEARS!

Physical Therapy and Occupational Therapy are vocations we take very seriously. The therapists at AgeWell have chosen the "Greatest Generation" as the population we wish to serve well with our time and efforts. We demonstrate this calling by working tirelessly with you—to work with the whole person to control and eliminate your pain, treat your entire condition, spend One on One time with you at each visit, communicate with your doctor when appropriate, refer you to recommended medical professionals upon your request and treat you with the dignity and respect you deserve.

**If you are suffering from pain,  
we want to help!**

*Give us a call at (516) 488-8808 today!*

## MEET THE OWNERS



**Mark Herbrich**  
PT, MA, CEEAA



**John Dragan**  
PT, ECS, CEEAA

**Both Mark & John actively treat patients and are on-sight each day! Give us a call today at (516) 488-8808 to schedule your appointment with Mark or John!**



## LEAVE US GOOGLE REVIEW!

Scan the QR Code to visit our Google Reviews page and tell the world about your experience with AgeWell Physical Therapy!



*"A very caring and compassionate staff in a clean and comfortable facility. They work hard to get you back together and functional after surgery." - 5-Star Review*

## WE'VE BEEN VACCINATED!



OUR EMPLOYEES  
ARE WEARING  
PROPER MASKS



OUR EMPLOYEES ARE  
PRACTICING SAFE  
DISTANCE



OUR EMPLOYEES  
ARE USING GLOVES  
WHEN NECESSARY



OUR EMPLOYEES ARE  
WASHING HANDS  
REGULARLY



OUR EMPLOYEES ARE  
AVOIDING HUGS &  
SHAKING HANDS