



This month we're focusing on one of the most common reasons people come in to see us: lower back pain. There are many things one can do for lower back pain without incurring the large costs and lengthy recovery of surgery. If you're one of those dealing with lower back pain, come in to talk to us about it and we can see what we can do.

On another note, as many of you know, I will be in St Louis beginning March 3 for a cardiac catheterization and then surgery for an ascending aortic aneurysm. I will be in St Louis for a week (about 5 days in the hospital). While I am out, my patients at Physical Solutions will be left in the very capable hands of Bettye Jo Johnson, Kate Ivers, Julie Fritz and Rosa D'Arduini. I appreciate all the kind words of support and your prayers. You can find out more and keep up with my progress through Care Pages at <https://www.carepages.com/carepages/cathysadventure>. Thanks to

all my friends who have offered help and support! Can't wait to get back to the office - and cycling, triathlons, and all the other things I love doing!!

Cathy Busby

TREATING LOWER BACK PAIN

Lower back pain affects 4 out of 5 people at some point in their lives – and is often more than just a minor inconvenience. The pain can range from an annoying dull ache to an incapacitating sharp pain brought on by every movement. According to the National Institute of Health (NIH), lower back pain is the most common cause of missed work and job-related disability.

Most often lower back pain is classified as “non-specific lower back pain” (referred to as *lumbago*), with no specific cause ever identified. Sufferers are often prescribed further diagnostic testing such as MRI's and strong pain killers. In some cases, surgery is the recommended treatment.

Recent evidence in the *Journal of the American Academy of Orthopaedic Surgeons* and from The American College of Physicians suggests that treating back pain first with physical therapy has better overall results at a much lower cost than pursuing expensive diagnostic tests and pain killers. This can be true even for cases when the patient's MRI shows significant degeneration in their discs.

Physical therapy for back pain focuses on strengthening core muscle groups (the abdominal wall and muscles of the back). Treatment strategies include a combination of manual therapy (including spinal manipulation), exercises tailored for



each person, and education on how to remain active and use appropriate body mechanics.

Recently, one of our patients, Bill (another Bill, not Bill Nathan to the right!) was recommended surgery for lower back pain. However, his goal was to return to competitive badminton as soon as possible. It was in his best interest to at least try to

AROUND THE OFFICE (AND BEYOND!)

Thank you to everyone who donated equipment to Gait Toward Hope for Haiti! <http://gaittowardhope.org>



Bill and Cathy beside donated equipment destined for earthquake victims in Haiti.

Bill Nathan is the Director of St Joseph's *Home for Boys* in Port-au-Prince (<http://www.newsobserver.com/2010/01/21/295487/his-only-plan-a-bold-rescue.html>). Bill was injured when he fell from the 7th story of the Boys Home during the earthquake. He came to Raleigh after being rescued by Miles Wright, a Board member of Hearts for Haiti, a group that sponsors several Boys Homes in Haiti. Bill has been receiving care for his injuries here at Physical Solutions. Thanks to all who donated. <http://heartswithhaiti.org>

avoid surgery with its possible complications and long recovery. Here’s what he has to say about his treatment:

I was diagnosed with a herniated disc between L3 and L4, about the size of the tip of my thumb (based on MRI results). My doctor wanted to do surgery within the week. Prior to making the decision, I visited Physical Solutions and Cathy Busby to give them a try. She assured me that I was making progress (hard for me to imagine) and to keep on doing my exercises at least until there was no improvement – then do the surgery. Turns out that it was slow going – 4 weeks after my accident, I could finish only ½ a waltz. After 6 weeks, I could complete 2 or 3 waltzes. After 8 weeks, I could waltz as long as I wanted. Then, I started my return to competitive badminton. Within 4 months I was playing at the same level (or nearly) as I had before the incident. I thank Physical Solutions for helping me through this painful, sobering time in my life – taking a steady, conservative but hands-on approach to surgery-free recovery and rehabilitation.

Bill 1/15/2010

If you’ve been suffering from lower back pain, come in to see us today and we can talk about some options to getting you back to a regular, non-painful lifestyle.

MORE ABOUT THE BODY BUGG

As we told you in January, Physical Solutions has been checking out several exercise monitoring devices.

Cathy has been wearing the BodyBugg for several weeks and it shows a lot of promise for helping people take more control of their fitness levels. She will be integrating it more with physical therapy and personal training in the future. It seems to be accurate and reliable for monitoring activity levels. She is also finding the motivational aspect of it helpful, allowing the wearer to see precisely what they’ve done throughout the day. Downloading the data and keeping a food diary is easy, and while her goal has been to maintain her body weight, she’s found that her body fat has decreased and skeletal muscle weight has increased.



QUESTION FROM CATHY: We’re exploring the option of offering individual or group classes to help people get the most out of this device and fully incorporate it into their long term fitness lifestyle.

- Would you be interested in renting a unit like this to try it out?
- Would you be interested in participating in a class to get the most out of using a unit like this (either using your own unit or renting a unit from us)?

Let me know what you think at: newsletter@physicalsolutionsnc.com

The BodyBugg: Measures activity, exertion, and calories burned through-out the day. This device measures not only forward movement like a pedometer does, but also correlates calorie loss with motion from multiple directions, steps walking and running, and skin response (sweat levels and skin response). <http://www.24hourfitness.com/training/bodybugg/>

ABOUT PHYSICAL SOLUTIONS

Physical Solutions was founded by Cathy Busby to provide effective, efficient solutions to relieve pain and to return individuals to the highest level of function possible. Cathy's experience as an athlete, teacher, coach, and physical therapist gives her a unique perspective to help you work toward peak physical performance, whether you're an athlete or if you just want to be able to do daily activities without pain.

Cathy's unique ability to biomechanically analyze movement and her manual therapy skills leads to effective correction of each individual's problem. Working with her team at Physical Solutions, clients can move seamlessly to a fitness/training program in a safe environment to achieve the best physical condition and health ever.

Having some lower back pain and want an opinion or advice about what to do about it?

Come in for a free consultation and talk with us about exercises and training that be helpful for your lower back pain. Have a free, personalized visit with one of our licensed physical therapists.

When you call to make an appointment, mention this offer for your free consultation.