



First Skiing Trip

I love downhill skiing. I have been down hill skiing since I was 8 years old. There's nothing like it... the smell of the outdoors, the quiet swishing sound of your skis turning in the snow, the beautiful scenery... and best of all, no electronics! It's beautiful, serene and just gives me an overall feeling of peace.

So this year, my husband Erik and I, decided it was time to get our 5-year old son, Blake, started on skiing! We went out for a family trip to the NC mountains for the best Bunny Slopes the state had to offer! My brother and sister-in-law joined us with my 6-year old niece and my 4-year old nephew. Let me tell you, there is nothing in this world that Blake likes more than spending time with his cousins! As you can imagine, there was not much sleep with the 3 little ones in one house!

The mountain views were breathtaking. Most

of the snow had melted away after those few warm days we had, but the kids didn't seem to notice. By the end of the day they all had successfully gotten on and off the "Magic Carpet" ride up the bunny hill, and had skied—at least part of it—by themselves. When we packed them back into the truck there were no broken bones, no bloody noses and 3 big smiles so we considered it a "Win".

Best of all, Erik and I got to see the magical look on Blake's face after he finally skied without help. All you parents and grandparents know what I mean... the kind of prideful smile that only comes after they know they did something hard by themselves. That right there was worth the 4 hour drive. I am already looking forward to the next time I get to share one of my favorite activities with him!

- Sara Morrison, PT, Owner



Total Body Therapy & Wellness

NEWSLETTER



“Will I Ever Bike Again Without Back Pain?”

FINDING THE SOURCE & PAIN RELIEF FOR YOUR BACK PAIN

INSIDE:

- How Should I Take Care Of My Back?
- Patient Success Spotlights
- Complimentary Workshop

Quote of The Month:

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

Thomas A. Edison

Is back pain causing you to move a little slower and more cautiously? If left untreated, chronic back pain can lead to long-term spinal joint and possibly nerve damage. Back pain is one of the most common physical complaints that people suffer from and more than 80% of the US population will experience back pain at some point in their lifetime. Back pain can interfere with your ability to bend, kneel, lift, reach, do work and enjoy time with your family. Not to mention, it can make you down right irritable and affect others around you.

Why do I have Back Pain?

Back pain occurs for a number of reasons, but has a few simple root causes:

- **Weakness** in the spinal and core muscles of the trunk
- **Poor posture** and strain on the spine with slouched sitting
- **Repetitive injury** to muscles and tissues around the spine with poor lifting
- **Limited flexibility** of the spine, hips and muscles of the thighs
- **Poor coordination** of the abdominal, pelvic and back muscles

Most people don't seek treatment soon enough and continue to suffer with a nagging ache or pain in their back. They may even feel symptoms travel to the



buttocks and legs. Many people feel that not much can be done for back pain and use medication to numb the pain to get through the day. However, medication mostly masks the pain and does nothing to address the root cause of the problem.

Solutions to Back Pain

Treating back pain starts with determining the true cause. A thorough evaluation of your movement, strength, posture and joint mobility can tell a lot about the true origins of your pain. Only then, can the proper plan be formulated to get you out of pain quickly and back to the activities you love.

Whether you just tweaked your back or have been suffering for a long time, seeing one of the spine specialists at Total Body Therapy and Wellness can help you return to a more active and pain-free life.

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"HOW SHOULD I TAKE CARE OF MY BACK?"



1. Keep a Good Posture

When you are standing, imagine a string through the top of your head lifting you straight up. This puts your neck, shoulders, spine and hips in natural alignment. With sitting, make sure you sit back in the chair with your feet on the floor and your lower back supported. Your shoulders should not slouch when sitting. Avoid soft couches when you can.

2. Lift Properly

Picking things up is a normal part of our day. Even if you pick up something light, your back muscles have to lift the weight of your upper torso and control that movement. Make sure you always face what you need to pick up, squat keeping your spine straight and push with your leg muscles. This helps reduce the excessive pressure on your spine.



3. Stay Flexible

Flexibility is key to maintaining a healthy back. By keeping your body flexible, the normal forces of movement and lifting can be distributed across the spine, rather than focused onto a few segments, which can then fail. An easy stretching routine everyday can keep you feeling great and put a spring in your step.

4. Stay Strong

You have hundreds of muscles, which control the movement of your spine. Major muscles that support the spine are called your core muscles and include your abdominal, pelvis, spinal and hip muscles. By keeping your core muscles strong, you support your spine and have the ability to easily control lifting, quick movements, bending and a lot more.



5. Physical Therapy

Our physical therapists are medical experts in evaluating spine and body movement. By having a regular check up, you can make sure your body is in good condition to tackle the activities you love. If you have a history of back pain, injury or are currently experiencing aches and pains, we can analyze your problem and construct a treatment program that will work best for your individual problem. With soothing hands-on therapy and targeted easy exercises we can help you return quickly to feeling your best. Even if you suffer from severe pain we can help you get out of pain and living the life you deserve. Call Today!

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ARE YOU READY FOR SPRING BREAK?

We'll put a spring in your step before you travel.

Top Ten Family Spring Break Destinations

1. Orlando-Walt Disney World
2. Bahamas
3. Washington, D.C.
4. Grand Canyon
5. Honolulu - Oahu
6. San Diego
7. Vancouver
8. Sanibel Island
9. Anaheim-Disneyland
10. Outer Banks



Patient Success Spotlights

...Always been first rate

"Several years ago I had to go to a physical therapist. I was quite nervous having never been to such an activity before. Meeting Sara Morrison dispelled all my fears. Needless to say we got along just fine throughout my healing. She was at that time working for another clinic but it closed. Out-of-business was not Sara, so she started her own wellness center and its success has been at her managing and people expertise. Her staff has always been first rate and as patient-oriented and caring as she is. Her husband Erik assists Sara in all business matters and is supportive of her as she conducts one-on-one patient therapy programs. Her love for people is as genuine as she is. It has been and is a privilege for me to see these young people on a road to success. I guess it's not just a job for her, but a love affair." -Marjorie

This place is PRICELESS!

"This place is PRICELESS! If you want to keep moving and be able to take care of yourself "Total Body Therapy & Wellness" is definitely the place for treatment. The loving, caring spirit of the staff is also a plus." -Ester

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Consultation with one of our
physical therapy specialists!



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physical therapy specialists!



Offer valid for the first 25 people to schedule. Expires 4-28-18.

COMPLIMENTARY WORKSHOPS

If you, or a loved one, has pain, join us in
a complimentary informative workshop
on common causes, treatments, and
prevention of your pain.



LOW BACK PAIN AND SCIATICA WORKSHOP

SATURDAY, APRIL 7TH AT 10:00AM

**CALL TODAY
910-893-2850**



**2 The Square at Lillington,
Lillington, NC 27546**

Limited to first 25 to register. Each person to register
will get a copy of Sara Morrison's book "Heal your Body,
Live Your Life" about how to heal low back pain without
medicine, shots or surgery.



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