



HEALTH & WELLNESS  
**NEWSLETTER**

# IS BACK PAIN

*Interfering  
With Your*

**EVERYDAY  
LIFE?**

**INSIDE:**

- 25<sup>TH</sup> Anniversary Celebration
- Get Your Winter Tune-Up



Call (920) 477-0697 or visit [Excelinpt.com](https://www.Excelinpt.com)

## IS BACK PAIN INTERFERING

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**Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.**

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running – the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Excel Physical Therapy today to make an appointment.

### **PHYSICAL THERAPY SOLUTIONS FOR BACK PAIN**

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of

regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Excel Physical Therapy provides long-term solutions for your back pain with targeted exercises to address the underlying cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can significantly improve your quality of life.

### **UNDERSTANDING THE RISK FACTORS ASSOCIATED WITH BACK PAIN**

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains

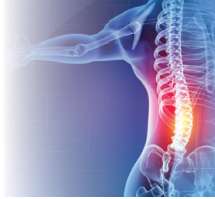


# RESOLVING YOUR BACK PAIN

are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves can occur.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension



Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

## HOW PHYSICAL THERAPY HELPS

Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.



At Excel Physical Therapy, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

## CALL OUR CLINIC TODAY

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call Excel Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

SCAN TO BOOK!



Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>; <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2>; <https://pubmed.ncbi.nlm.nih.gov/31789300/>; <https://pubmed.ncbi.nlm.nih.gov/31666220/>; <https://www.sciencedirect.com/science/article/pii/S1836955319300578>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/>; <https://www.omicsonline.org/risk-factors-forchronic-low-back-pain-2161-0711.1000271.php?aid=22679>



## GET A TUNE-UP BEFORE HEADING SOUTH THIS WINTER!

Don't forget your sunblock, sunglasses, and physical therapy tune-up before heading south this winter! Our team can help you improve your physical fitness for the new year and get you ready for the adventures ahead.

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Excel Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.

Call (920) 477-0697 or visit our website at [Excelinpt.com](https://www.excelinpt.com) to schedule your consultation today!

# January Marks Our 25<sup>th</sup> Anniversary!



As we mark the arrival of 2024, we reflect on the 25-year journey of Excel Physical Therapy. Who would have thought that 25 years ago, one therapist with great determination and a passion for healing, working in a tiny office would grow into the busy, vibrant clinic it is today? Our whirlwind journey has been a story of helping folks get back on their feet – quite literally!

Back in January 1999, Bob Runge and his wife embarked on an exciting and sometimes frightening journey, establishing Excel Physical Therapy in a 250 square foot room, with one treatment table, basic equipment, and a vision to provide high-quality, personalized treatment. As he got busier, Bob juggled the demands of home with four young children, balancing part-time hours at his new practice with work at a nursing home to support his growing family. As the practice gained momentum, it underwent incremental growth and Excel expanded to 500 square feet in the same location.

In the spring of 2001, continued growth allowed Excel Physical Therapy to hire a second physical therapist and move into a new building that doubled the space to 1000 square feet. These early years were a testament to their dedication and commitment to delivering exceptional, personalized care.

Five years later, the practice took another stride, relocating to a larger suite within the same building, reflecting both growth and a deeper commitment to the community. Additional therapists joined the team, further enriching the practice's capacity and expertise.

Excel Physical Therapy continued its growth, doubling its size and expanding into its current location in April of 2012. We have continued to grow by hiring and developing excellent therapists, and supporting them as they attain advanced certifications in orthopedics, manual therapy, and vestibular rehabilitation. Our Excel Physical Therapy family has grown to five therapists, several fantastic office staff, and many wonderful loyal patients who have made the past 25 years truly special.



After over 18 months of doctor visits, clinic exams and tests, no one was able to figure out my problem. After two visits with Dr. Runge he not only diagnosed my problem but provided me with a treatment plan that worked in solving my problem.

Six "experts" ran tests and analyzed my problem and no one had any ideas. Thanks to Dr. Runge I am on a path to recovery.

— John L.



## FREE CONSULTATION

Has your pain returned?

**Come back to PT!**

Call today to start your journey to a healthier, happier, pain-free you.

**(920) 477-0697**  
**Excelinpt.com**

