

OUR STORY

Indiana Physical Therapy, owned by three physical therapists, was established as an outpatient clinic in Bluffton, Indiana, in 1988. The owners recognized a need for high-quality outpatient rehab and expanded into the surrounding communities. Since then, IPT has grown to include twenty-one locations throughout Indiana, on-site athletic training, a sports performance program, and industrial site services. In addition to commitment to quality care, IPT is an active leader in the local communities. For over 30 years, IPT continues to remain privately owned, providing individualized care and maintaining the values upon which the company was founded.

We ♥ what we do
and it shows!



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

OPEN 7AM-7PM

ACCEPTS ALL INSURANCES

GUARANTEED APPTS WITHIN 24 HOURS

INDIANA PHYSICAL THERAPY

SORENESS AND BACK PAIN



**INDIANA
PHYSICAL THERAPY**

Where people go to get better

WWW.INDIANAPT.COM

SORENESS AND BACK PAIN

Although we can control how we eat, stay active, and sleep, some aspects of our daily lives have to be done even when uncomfortable for our bodies. We stand for long periods, perform repetitive motions, often times have to lift heavy loads, or pinch small objects.

More than 80% of people will experience back pain. Conditioning exercises, stretching, and good posture are the best long-term treatment options for back pain. Physical therapy provides a “hands on” approach of evaluating and testing your spine. Your physical therapist will recommend a home exercise program so you can manage your symptoms at home

Due to the complexity of the human spine, back pain is not always easy to diagnose. Back pain may be caused by many different factors, including arthritis, improper posture, or damage to nerve tissue. Physical therapy will provide a treatment plan that is tailored to your needs to get you back to work, play, and life.

Whatever your diagnosis, our staff has a wealth of industry experience and knowledge to help get you through. If you are down due to pain, it's time to come see us!

ICE AND HEAT

The use of ice and heat can significantly reduce aches and soreness. Use ice for new aches, swelling, and soreness. Use heat for prolonged aches, tightness, and joint stiffness.

STRETCHING

Stretching before your shift, throughout the work day, and at the end of the day warms muscles and keeps them limber. Stretching the opposite way you have worked all day will relieve the stresses put on those muscles. For example: if your arms are out in front of you all day, then stretching them back will be beneficial.

MASSAGE

Massage can be a great way to ease stress as well as muscle tightness and soreness. If you are unable to massage the area manually, there are a few ways to reach the area and still get maximum relief. You can use a tennis, golf, or lacrosse ball to roll on the area. For larger areas, a foam roller or even a rolling pin will work.

SOME TIPS

Most of our job duties cannot be avoided and may cause some discomfort. Keep these tips in mind to reduce risk of injury or pain.

- **Lift properly:** Use your legs when lifting and maintain upright posture.
- **Stay active:** Move to raise heart rate at least 3–4 hours each week and stretch multiple times a day.
- **Eat well:** Eat plenty of fruits and vegetables and avoid sugary drinks and food as well as those that are highly processed. The fewer the ingredients, the better!
- **Sleep plenty:** Getting at least 6–8 hours per night increases happiness, bodily comfort, as well as significantly reduces the risk of injury.

TYPES OF BACK PAIN

Neuropathic Pain is caused by damage to nerve tissue. It often feels like a burning or stabbing pain. One example of neuropathic pain is a “pinched nerve.”

Nociceptive Pain is caused by an injury or disease outside the nervous system. It is often an ongoing dull ache or is characteristic of neuropathic pain. One example of nociceptive pain is arthritis pain.

Chronic Pain is usually described as deep, aching, dull, or burning pain in one area of the back or traveling down the legs. Numbness, tingling, burning, or pins and needles type of sensation may also be experienced.

Acute Back Pain is commonly described as very sharp pain or a dull ache, usually felt deep in the lower part of the back, and can be more severe in one specific area. Acute pain is usually constant, ranges in severity, and occurs suddenly or after injury.

Mechanical Back Pain, a form of acute pain aggravated by movement and worsened by coughing. This type of pain is usually alleviated with rest. Mechanical back pain is typical with herniated disc or stress fracture.

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