



Don't Let Back Pain Slow You Down!

Our Integrated Approach Can Help!

Back pain can be one of the most debilitating conditions, affecting up to 80% of the population at some time in their life. Unfortunately, some studies suggest that up to 90% of low back pain (LBP) diagnoses are non-specific.

This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. For some people, when left untreated, lower back pain can even lead to long-term pain, dysfunction and even nerve damage.

The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. The good news is that with guidance from our team you can find solutions to your pain and how to manage it, so you can get back to living the life you enjoy!

What We Know About the Causes of Back Pain

Mechanical low back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet

joints), nerves or surrounding ligaments and other soft tissue.

The contributing factors often associated with back pain are:

- Improper posture or prolonged positions (i.e. prolonged sitting)
- Spinal muscle and tissue damage (i.e. lifting strains or trauma from accidents)
- Limited hip, spine and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e. compensations due to injury)

Unfortunately, a lot of people don't seek treatment when back pain arises. They might assume nothing — except for medication and rest — can solve their back pain problem. There is little to no evidence of the benefits of acetaminophen, skeletal muscle relaxants, and lidocaine patches in the treatment of chronic low back pain.

Request your appointment online at [physiochirowellness.ca](https://www.physiochirowellness.ca) or call the clinic nearest you!

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OUR INTEGRATED APPROACH OFFERS EFFECTIVE BACK PAIN SOLUTIONS!



You're in luck: For most people, back pain resolves on its own. And for those that continue to experience pain, our team can help.

According to research on back pain, physiotherapy and chiropractic treatments are effective for acute and chronic conditions. Treatments for back pain include manual therapy, joint mobilization manipulation, acupuncture, naturopathy, massage therapy, exercise instruction, education and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Our 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 therapist will address all of the causes.

We 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.

Back Pain Prevention

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Limit Sitting For Too Long

Prolonged sitting is not good for your back, or your overall health. Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30252425/>; <https://pubmed.ncbi.nlm.nih.gov/32669487/>; <https://pubmed.ncbi.nlm.nih.gov/29602304/>; <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlightAbstract=back%7Cexercise%7Cpain%7Cexercis>; <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full?highlightAbstract=back%7Cpain>; <https://pubmed.ncbi.nlm.nih.gov/27285608/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2200681/>; <https://www.health.harvard.edu/pain/dont-take-back-pain-sitting-down>

Use Good Posture

Our spine is designed to move which means our posture should also move. The spine does not like to remain in any one position for extended times. Most people slouch and then hold that position for extended periods of time. By finding a "good" posture you can counteract the slouch.

When you're standing, imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out — lifting you up — keeping your hips, spine, shoulders and neck aligned.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train the muscles of your hips, pelvis and spine — your core muscles.

Call Our Clinic Today

Visit us 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 us. We offer the results you are looking for!

[Request an Appointment](#)



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Staff Spotlight

Hiralben (Hiral) Shah

Registered Physiotherapist



Hiralben (Hiral) Shah received her bachelor's degree in physiotherapy from Charusat University Of Science And Technology in Gujarat, India. She has worked as a physiotherapist in a multi-disciplinary setting, treating musculoskeletal, neurological, pediatric, and cardiovascular disorders. Through continuing education, she received a Diploma in Fitness and Health Promotion from Seneca College. Communication, professional practice, field assessment, pain and injury management with diverse populations, and personal training were all incorporated into these domains.

She received her Registered license as a Physiotherapist with the College of Physiotherapists of Ontario in 2023. She strives to deliver the best possible patient care by combining my skills and experience. She believes in utilizing the most up-to-date manual treatment techniques and a comprehensive home workout program.

Her hobbies includes travelling, painting and sketching in her spare time.

HEALTHY RECIPE

CANDY CORN SMOOTHIE

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- A thumb-sized piece of turmeric
- 1 frozen banana
- 1 cup frozen pineapple chunks



Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

https://www.foodmatters.com/article/candy-corn-smoothie?utm_source=fmsite&utm_medium=fmsite

One of the best ways to help a local business succeed is by leaving a Google review – AND your story could lead someone to improve their life by seeking our help. Click below!

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PATIENT SUCCESS STORY

“The team at PhysioChiroWellness is highly knowledgeable and skilled. They have helped me immensely in managing my chronic back pain through their chiropractic treatments, and their physiotherapy sessions have improved my mobility and overall well-being.”

—Marian F.



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