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RETURN SERVICE REQUESTED

### UPCOMING SEMINARS



**KNEE OSTEOARTHRITIS: MOTION IS LOTION**

Presented by Tim Drevna, PT, DPT, OCS • Thursday, March 22nd at 7:00pm  
 Location: Drevna PT Associates @ North Pointe, 160 North Pointe Blvd, Suite 113, Lancaster, PA 17601



**BALANCE IS THE ANSWER**

Presented by Maeve Talbot, SPT and Amy Humphrey, PT, DPT, OCS, MTC • Tuesday, April 3rd at 6:00pm  
 Location: Drevna PT Associates @ Wolf Plaza, 2078 Bennett Avenue, Lancaster, PA 17601



**FREEDOM FROM FRACTURES (DISCUSSION ABOUT OSTEOPOROSIS)**

Presented by Lisa Goussetis, PT, CCTT • Wednesday, May 2nd at 6:00pm  
 Location: Drevna PT Associates @ Wolf Plaza, 2078 Bennett Avenue, Lancaster, PA 17601

**Missed our JUMP START program in January?**

Here's another chance! This 8 week program, which begins April 9th, will help you achieve a healthier and more active lifestyle. Our registered dietitian, Jacqui Zimmerman, will be leading an 8 week healthy lifestyle program that will include:

- Access to all Fortius Health and Performance Center classes during the 8 weeks
- One on one meetings with Jacqui and her dietary presentations
- Access to an accountability app. supervised by Jacqui, tracking your food intake and exercise.

**We have options for all fitness levels.** Call us at our Wolf Plaza office at 717-553-4088 for more details or to register to join this program.



**There's Still Time!**

SPRING 2018

# PT INSIGHT

A PUBLICATION OF DREVNA PHYSICAL THERAPY ASSOCIATES



**LOW BACK PAIN:  
 WHY YOU GET IT AND  
 WHAT YOU CAN DO  
 ABOUT IT.**



# LOW BACK PAIN: Where it comes from and what to do about it

by Chris Hudson, PT, DPT

- Do you suffer from back pain or leg pain when you stand or walk?
- Do you have back pain when you sit for long periods or drive?
- Do you experience pain, numbness or tingling into your butt, groin, or down your leg?
- Does your back ever “go out” if you move the wrong way?
- Are you afraid your back pain will get worse if you don’t do anything about it?



If you answered “yes” to any of these questions you are not alone. One study revealed more than 80% of the people in the world suffer from low back pain at some point in their lives. Another study showed that 25% of American adults suffer from low back pain at any one time during the week. Americans spend at least \$50 billion a year trying to alleviate low back pain.

## So why do we get LBP?

Typically, there is a mechanical issue in the lumbar spine and there are a variety of causes of low back pain. One of the most common causes of low back pain is a lumbar disc bulge.

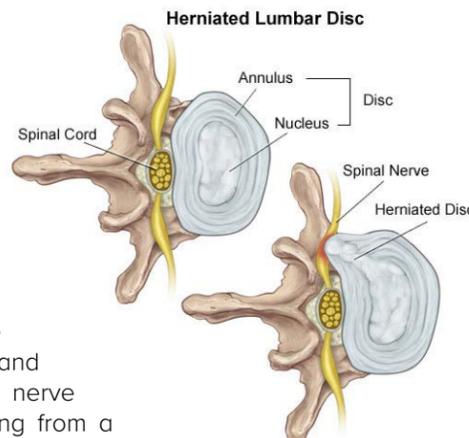
A lumbar disc bulge can cause pain and/or numbness in the low back or down one of your legs because the walls of the lumbar disc weaken and the disc presses the spinal cord or nerve against the vertebra. Individuals suffering from a lumbar disc bulge are usually 30-50 years old. They typically have increased symptoms with lifting, sitting, and bending forward at their waist. Their pain can typically be more pronounced in the morning compared to the evening. Sometimes these individuals have less symptoms with walking.

## So what do you do if you are having low back pain and it is impacting your quality of life?

Your first option is to continue to ignore it. However, you are rolling the dice and it may not get better. In fact, your pain may worsen and you may experience further structural changes in your low back.

The second option is to take pain medications. However, some very effective medications to treat pain are opioids and the prescriptions for these medications are starting to be more controlled by doctors. According to the National Institute on

Drug Abuse, more than 90 Americans die every day from an opioid overdose. There are many forms of opioids and the most common and illegal form is heroin. The legal and synthetic forms of opioids are oxycodone (OxyContin), hydrocodone (Vicodin), codeine, and morphine. The problem is when someone wants to only use an opioid to treat his/her pain long term, they are at risk of developing an addiction, even if the substance is used as prescribed. Many people who use opioids develop a tolerance to the opioid meaning that the same amount of the drug no longer controls that patient’s pain as well. Consequently, people take larger doses of the substance to elicit the desired response and this behavior can cause addiction and even death.



The third and best option is to consult your physical therapist **FIRST**. Current literature supports seeing your physical therapist for low back pain prior to any other health professional. One study measured costs of a group of patients who went to a physical therapist first for low back pain vs another group of patients who had a MRI first for low back pain. The group who had the MRI first spent an average of \$4793 more out-of-pocket for their treatment of low back pain than the group who went to physical therapy first. The MRI group was also more likely to see a physician spine specialist, need injections and oral medications for low back pain, and have lumbar surgery. The two groups had the same reduction in pain and improvement in function. Which group would you want to be in?

**If you are experiencing low back pain, it’s time to fix the problem rather than ignore the pain or cover it up with medications. Call us either our North Pointe Office or Wolf Plaza Office to schedule an appointment with one of our physical therapists.**



● ● ● Jennifer Rice

## EMPLOYEE HIGHLIGHT: Jennifer Rice

*Physical Therapist*

In September 2017 we welcomed Jennifer Rice to our practice. Jennifer graduated from Pennsylvania State University with a degree in Kinesiology, then became a Certified Athletic Trainer. She was the lead author on two publications in May of 2000, “Exercise-Induced Asthma” and “Post Concussion Syndrome,” both in the *Journal of Athletic Therapy Today*. Jennifer continued her education at MCP Hahnemann University, graduating with her Doctorate degree in Physical Therapy in 2001. Her doctoral dissertation was on low back pain due to a dysfunction of the neuromuscular motor control system in the lumbar spine. Jennifer considers herself a generalist in the profession of physical therapy as she enjoys treating a variety of diagnoses. However, the majority of her career she’s focused on post surgical orthopedic and spinal patients, women’s health issues, and recreational or competitive athletes who are in need of rehabilitation. Jennifer’s belief is that, “A patient should never feel alone in the rehabilitation process, I will be there with you every step of the way!” Jennifer considers her greatest accomplishment to be her family. She resides in Lititz with her husband, Chad, and their three children Connor, Lillian and Cian. She resides in Lititz with her husband and three children. In her free time she enjoys spinning for exercise, reading, and hosting family and friends at her home.

## Physical Therapy: A Safe Alternative to Opioids for Pain Management

The increased use of opioids for pain management in America has created a national health crisis. Opioid prescription rates have quadrupled since 1999 according to the Centers for Disease Control and Prevention (CDC), leading to similar increases in prescription opioid deaths and heroin deaths. The CDC cites from 1 study that among 15 to 64- year old individuals who received opioids for noncancer pain, 1 in 550 died from an opioid-related overdose at a median age of 2.6 years from their first prescription. In response to this epidemic, the CDC released guidelines in March 2016 urging prescribers to reduce the use of opioids in favor of safer alternatives in the treatment of chronic pain. Physical therapy is one of the recommended nonopioid alternatives. Physical therapists treat pain through movement, helping patients improve strength, flexibility, and range of motion. Physical therapists can also educate their patients about pain, which has been known to improve outcomes.

### Why Should Patient’s Choose Physical Therapy Instead of Opioid Medication?

- Physical therapists treat pain through movement while opioids only mask the sensation of pain
- Opioids often cause serious side effects including addiction, depression, overdose, and withdrawal symptoms while physical therapy provides a safe alternative without serious side effects
- Evidence is mounting for the effectiveness for physical therapy management of many common conditions such as low back pain and osteoarthritis while the effectiveness of opioids in treating these conditions is inconclusive in many cases.
- The CDC recommended non-opioid approaches for the management of chronic pain in their 2015 guidelines which state that providers should consider opioid therapy “only if expected benefits for both pain and function are anticipated to outweigh the risks to the patient”.

There are a few other reasons to #CHOOSEPT instead of opioid medication. According to the New England Journal of Medicine, physical therapy has been found to be as effective as surgery for conditions including meniscal tears and knee osteoarthritis, and rotator cuff tears. Physical therapist treatment plans are also tailored to each person’s needs and goals, taking preexisting conditions into account. Furthermore, physical therapists can identify additional health issues, beyond what the patient initially reports, thereby improving a person’s overall health and quality of life. **People who are experiencing pain can learn more about the benefits of physical therapy as a safe, effective alternative to opioids by visiting [MoveForwardPT.com/ChoosePT](http://MoveForwardPT.com/ChoosePT) or call either office at 717-569-4184 (North Pointe) or 717-553-4088 (Wolf Plaza) and ask to speak with any of our physical therapists.**