

# NEWSLETTER



## IS YOUR BACK PAIN CAUSED BY YOUR HIPS?

### Tell Us How We Did!

Leave a review for our practice & help us connect with the community!

### How Can I Tell If My Hips Are Healthy?

Test you hip mobility with these at-home tests.

### Healthy Recipe

Try a healthy recipe perfect to satisfy your nutritional needs!

# NEWSLETTER

## ENJOY SUMMER FUN WITHOUT BACK PAIN HOLDING YOU BACK

A photograph of a man and a young boy playing with a water hose in a grassy yard. The boy is in the foreground, running and smiling, with water spraying around him. The man is in the background, holding the hose and spraying water. The scene is bright and sunny, with green grass and foliage.

The Centers for Disease Control (CDC) states that over 80% of the population will experience back pain at some point in their life. In fact, the World Health Organization estimates that approximately 149 million workdays are lost due to back pain. While millions of Americans experience back pain, the majority of back pain cases are non-specific, meaning that there is not a primary cause, such as a fracture or disc protrusion.

With non-specific back pain, there are usually 3 common factors that are contributing to it:

1. Poor posture.
2. Weak core and gluteus muscles.
3. Poor hip flexibility.

You may be thinking, "What do my hips have to do with my back pain?" Well, your hips have a very large range of motion that works together with the movement of your back. Your hips contain thick Y-shaped ligaments known as "iliofemoral ligaments" that work to provide support. With prolonged sitting over weeks, months, or years, these ligaments shrink, reducing the natural movement of the hip joints.

When the iliofemoral ligaments shrink, they begin to yank and pull on the pelvis, which is attached to your spine – thus causing back pain. Additionally, this can cause the pelvis to tilt, altering the posture of your spine and increasing strain.

**Luckily, this can be resolved through improving your hip mobility. Contact Smart Sports today to find out how!**

# HOW CAN I TELL IF MY HIPS ARE HEALTHY?

Your hips are part of a kinetic chain, meaning that they make up a combination of weight-bearing joints that must function together in harmony in order for your body and posture to function properly. If one part of the kinetic chain is out of balance, stress may be placed on another part of the body – such as the back.

Fortunately, you can test your hip mobility with some at-home tests. If you notice that any of these bring you pain or discomfort, don't hesitate to contact Smart Sports as soon as possible to find relief.

## 1. Hip Mobility Test

- Lie on your back with your legs straight out.
- Cross one ankle above the other knee, cross-legged in a "figure 4" position.
- Keep your ankle pressed on the other leg, but now lower the raised knee to the side. Does it lower close to the ground?
- Repeat on the other side and see if there is a difference.
- This might indicate a hip motion problem and cause back pain or hip discomfort on that side.

## 2. Hip Squatting Test

- Keep your knees parallel, facing forward.
- Squat down as far as you can, keeping your feet and heels flat on the floor.
- If you feel a lot of pressure in your knees or calf muscles, you could have a hip movement problem.
- Try again in front of a mirror. Does your body want to go to one side? This can indicate a hip motion problem on one side.



**Find relief for your back pain today!** If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it is originating from your hips, contact Smart Sports today to consult with one of our physical therapists. Your physical therapist will conduct a comprehensive exam to determine the best individualized treatment plan for your needs. This will include targeted stretches and exercises in addition to any pain-relief modalities your physical therapist deems fit.

Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function. **Contact us today to get started on the first steps toward relief!**

**CALL (307) 632-7677 TODAY TO SCHEDULE AN APPOINTMENT!**

## PINK SUNRISE STRAWBERRY SMOOTHIE

### INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ – 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

### DIRECTIONS

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!



# Patient Success Spotlight



**“I was very excited I was doing exercising that didn't hurt at all!”**

*“I have only seen the Physical Therapist once last Thursday, I just started my P T because I don't want to have surgery on my L4 & L5 I want to strengthen my core. So while the Physical Therapist was showing what workouts to do while keeping my lower back very stable, after doing a few of these I started to feel my lower back getting very warm like I had a heating pad on it, of course, I told the Physical Therapist this because I was very excited I was doing exercising that didn't hurt at all but every muscle around my injury was getting extremely worked out. So my first time at Smart Sports was amazing.” –Kristina R.*

DISCOVER HOW TO  
**LIVE PAIN-FREE**

**SMART**  **SPORTS**

At SMART Sports, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.

**It's time to go to SMART Sports if:**

- You're tired of living in pain
- You want to feel better and move better
- You have been in an auto accident or injured on the job
- You want to prevent injury



**1. Call and talk to your therapist**



**2. Discover why your pain has come back**



**3. Get your custom recovery program**



**TELL US HOW WE DID!**

Leave a review for our practice & help us connect with the community! Scan the QR code below to leave us a Google review!



**FREE**

**FREE 1 WEEK TRIAL  
MEMBERSHIP**



**GET**

**FIT!**

**CALL (307) 632-7677**

NO contracts for any gym memberships. Our gym is OPEN 24/7!