



February 2010

MID-SOUTH
PHYSICAL
THERAPY
& Fitness Center

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Our Motto:

We help our patients recover from pain and return to the active lifestyles that they enjoy in Tipton and Shelby County. Our experienced staff strongly believes in promoting wellness and injury prevention and we design customized treatment programs to meet each patient's specific needs.

Back Pain Needs Daily Attention



It is no secret that back pain is caused by daily stress and overstretching it at your desk or lifting too many objects at work. But with these simple exercise techniques you can relieve the pain without seeing a doctor. Just keep in mind that you should do these kinds of exercises consistently every day for great benefits.

- 1) **Hip Rolls** - These are done with you simply standing straight and your legs about shoulder width apart. Then swing your torso around like you were hoola hooping. This works great because the bottom of your spine stretches out without and stress on your back.
- 2) **Knee Grabs** - These are a great stretching exercise. Just lay on the floor straight. Then grab one of your legs by the knee and pull it to your chest until you feel a stretch. Keep your other leg straight so your back gets a nice stretch. Alternate with the other leg for an even balance.
- 3) **Side Bends** - These are done in a standing position just like with hip rolls. Reach your arms out to your sides and start leaning to your left side so you are reaching to the floor with your left hand. Feel the stretch and hold the position for about 20 seconds then do the other side.

Dr. M.O. Eckel, III, PT

These are just some great exercises you can do every day during your break at work or right when you wake up. By doing simple exercises like these your back pain will eventually get better. [If you would like to see other tips, please visit our site by clicking here.](#)

Don't Let Health Concerns Stop You From Exercising

Fit-Script is a brand new fitness program designed specifically for individuals with a complex health history. Everyone needs exercise, but those with a complex health history require more...they require supervision and guidance. We utilize the expertise of physical therapists, athletic trainers, fitness specialists and strength coaches to evaluate and design a custom exercise program for individuals with:

- * Heart Disease
- * Diabetes
- * Arthritis
- * High Blood Pressure
- * Post Stroke
- * Weight Issues
- * Circulatory Problems
- * Pregnancy
- * COPD
- * History of Falls/Balance Disorders



Health concerns shouldn't stop you from exercising.

[Click here if you would like to learn more about this ground breaking program.](#)

Local News In And Around Atoka

Don't forget we have the first annual Atoka health screening and fair. Mid-South Physical Therapy is the main sponsor of this event which will be held March 13th at Wal-Mart on Highway 51. As a way to sponsor this event, Subway is offering 2 for 1 coupons thru Febraury 8, 2010.

[Click here if you would like to print a coupon.](#)

Thanks for reading and well wishes,

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