



### LATEST HEALTHCARE REFORM NEWS: APTA AUDIO

(click to listen: courtesy American Physical Therapy Association 2010)



### PREVENTING BACK PAIN:

Back Pain can be prevented by: practicing safe bending and lifting techniques, strengthening and stretching exercises for the muscles support the back, good posture, and weight control

#### LIFTING TECHNIQUES

Anything that causes extra stress or pressure on the muscles, ligaments, discs or joints of the spine can cause back pain. Avoid lifting objects that are too heavy and don't twist or bend at the waist when lifting. [Ask your PT](#) about these techniques to prevent back injury.



#### EXERCISE: STRENGTHENING AND STRETCHING

Strengthening and Stretching the muscles that support the back - muscles of the back, abdomens, and buttocks - with exercise is an important measure to take to prevent back strain. Strong and flexible muscles are also beneficial for back pain caused by conditions other than muscle strain, e.g. herniated disc, sciatica, and back osteoarthritis. Strong muscles absorb shock before it reaches the joints. [Ask your PT](#) about increasing muscle strength and flexibility.

#### POSTURE

It is extremely important to learn and maintain good posture. When the spine is in proper alignment it provides proper support for the head. If the spine is out of alignment, the muscles have to work harder to support the head, causing strained muscles and back pain. Strengthen and lengthen the muscles required for developing and maintaining good posture.

#### BODY WEIGHT

Lower back pain is more common in overweight people. Carrying extra weight causes more stress on the back, especially the lower back which supports most the weight of the torso. If excess weight is concentrated in the stomach area, even more stress is placed on the lower back.

#### FOOTWEAR

Footwear with the proper amount cushioning and support can go a long way in preventing back pain. The features to choose in shoes are dependent upon an individual's foot shape, gait style, and the chosen activity.

### PHYSICIAN FEE SCHEDULE RESOURCES



**Update:** On March 26, 2010, Congress adjourned until April 12, 2010, without passing legislation to avert the 21.2% reduction in fee schedule payments. CMS announced on Friday, March 26, 2010, that it would hold claims for 10 business days beginning April 1, 2010. APTA has developed an FAQ on the fee schedule reductions, which includes information about Congressional legislation and implementation guidance.

### Q AND A: WHAT IS LITTLE LEAGUE ELBOW?

Spring is upon us and that typically means baseball and dusting off your clubs. Little league, golfers, and tennis elbow occurs when there is damage to the bones, muscles,



tendons and ligaments around the elbow joint and forearm. The throwing motion causes the structures on the medial side (inside) of the elbow to stretch, while at the same time compresses the structures on the lateral side (outside) of the elbow. Over time the constant compression on the lateral side can result in micro fractures in the arm bones and can eventually lead to bone spurs and bone chips. While the constant stretching on the medial side can result in severe ligament strain.

The damage eventually causes a restriction of movement, inflammation and pain, and leads to the formation of scar tissue, bone spurs and calcium deposits. If untreated, this damage can put so much pressure on the muscles and nerves that they can cut off the blood flow and pinch the nerves responsible for controlling the muscles in the forearm.