Health on the Move

Low Body Muscle Pain
1 | Why Does Lower Body Pain Occur?

- Prolonged time in the same position
- Poor posture
  - Imbalances
  - Muscle inhibition
    - Limited range of motion
    - Fatigue
MSK pain/injuries are typically linked to either a mobility or stability issue within your joints.

Pain is a symptom of dysfunction and the last thing to set in.

- Similar to the “check engine light” on a car
Chief Complaints

- Low Back Pain
- Hip Pain / Sciatic-like Symptoms
- Knee Pain
- Foot Pain
Low Back Pain

- **Symptoms**
  - Aching
  - Stiffness
  - Shooting pain
  - “Belt Strap” pain
  - Difficulty sleeping

- **Causes**
  - Dysfunction or weakness in posterior chain
  - Core weakness
  - Poor posture
  - Lifting (too much weight or improper technique)
  - Weight

- **Key Players**
  - Hip flexors
  - Glute Medius
  - QLs
  - Paraspinals
  - Disc issues
Symptoms
- Shooting pain
- Numbness / tingling
- Uncomfortable with prolonged sitting

Causes
- Sedentary to active
  - Weekend Warrior
  - Excessive yard/house work
- Uneven sitting
  - Wallet
  - Crossed legs

Key Players
- Hip flexors
- Glute Medius
- Glute Maximus
- Piriformis
- IT band
- Quadriceps
- Hamstrings

True Sciatica
Symptoms
• Pain in or around the knee
  - Sharp or shooting
  - Aching
• Swelling
• Stiffness
• Instability

Causes
• “Middle Child”
  - Dysfunction of hip (Big Brother) or foot (Little Sister) can cause knee pain
• Acute Trauma / Chronic Degeneration
  - Ligament tear
  - Meniscus tear

Key Players
• IT band
• Quadriceps
• Hamstrings
• Gastroc

Common Conditions
• Patellar tendonitis
• IT band syndrome
• Bursitis
Foot Pain

Symptoms
- Sharp or throbbing pain
- Cramping
- Pain in the ball, arch, heel, or on top of the foot
- Pain in the ankle

Causes
- Long term stress on the foot
  - Flat feet / High arch
- Weak intrinsic arch muscles
- Tight lower leg muscles
- Lax Ligaments

Key Players
- Gastroc
- Soleus
- Achilles
- Peronei
- Tibialis Anterior
- Tibialis Posterior
- Flexor/Extender muscles of the toes

Common Conditions
- Tendonitis
- Sprains and Strains
- Neuromas
How to Impact Low Body Pain
Exercises | Executive Stretch

Areas Benefitted:
Hip
Knee
Low back
Sciatic-like pain SI joint

• Sit on chair or bench with your ankles positioned below your knees
• Cross one of your legs over the thigh of the opposite leg
• Slowly lean forward, lowering your torso toward thighs
• Hold for 30 seconds
• Repeat with opposite leg
Exercises | Sit-to-Stand Squats

- Begin by sitting at the edge of your chair
- Place your feet at hip-width apart
- Make sure that your toes are slightly in front of your knees
- Begin pressing your heels into the floor, while contracting your glutes
- Slowly move to the standing position
- Reach back with your hips before lowering back down to the seated position
- Complete 10 repetitions

Areas Benefitted:
Foot, knee, hip, ankle back
Exercises | Balance Activity

Areas Benefitted:

Hip
Knee
Foot
Ankle

• Start in a standing position (utilize a wall if additional balance assistance is needed)
• Lift one foot off the ground, causing you to balance your weight on the opposite foot
• Focus on 3 points of contact
  1. Ball of big toe
  2. Ball of little toe
  3. Heel bone
• To intensify, try shifting weight to different points of contact
• Hold for 60 seconds
• Repeat with opposite foot
**Areas Benefitted:**

- Foot
- Knee

**Exercises | Calf Stretch**

- Begin by facing the wall at “arms distance” away
- Stand with leg to be stretched extended behind your body
- With your back leg extended, press your heel to the floor and “lock-out” your knee
- To deepen, bend front knee so your hips shift closer to the wall
- To stretch the lower portion of the calf, bend your back knee and drive heel into floor
- Hold for 30 seconds
- Repeat with opposite leg
Exercises | Core

- Begin by placing your back against the wall
- Make sure your feet are approximately one foot away from the wall
- Press your hips and back into the wall
- Draw your ribs down to your “belt buckle” & your “belt buckle” up to your ribs
- This creates a bracing motion similar to that of a plank
- Hold for 60 seconds

Areas Benefitted:
- Low back
- Hip
- Sciatic-like pain
Exercises | Hip Flexor Stretch

Areas Benefitted:
Low back
Hip
Knee

- Start by extending your leg behind backwards and planting your foot
- Turn the toes of your back foot inward
- Slowly lunge forward to feel the stretch in your thigh/hip
- To intensify, reach for the ceiling using your arm from the same side as your back foot
- Hold for 30 seconds
- Repeat with opposite leg
Outcome Reporting | Collected at Each Visit & Discharge

- **644,118** Patient Cases
- **3.2** Average Number of Visits
- **12,855** Physician Recommended Surgeries Avoided
- **88.5%** Report Full Recovery
- **99.5%** Would Recommend Airrosti to Friends & Family

- **40%** of all cases found Airrosti after seeking unsuccessful care first, including:
  - Received Imaging: **64%**
  - Referred To A Specialist: **52%**
  - Received Prior PT or Chiro Care: **55%**

*Source: Airrosti Reported Outcomes, as of August 31, 2018*
Conditions We Treat | Acute & Chronic

- Neck Pain
- Mid Back Pain
- Triceps Tendonitis
- Low Back Pain
- Disc Injury
- SI Joint Sprain
- Hip Pain
- Hamstring Pull/Strain
- Sciatic-like Pain
- Calf Pull/Strain
- Achilles Tendonitis
- Sever's Disease
- Heel Pain/Spurs
- Headaches
- Rotator Cuff Pain
- Bicep Tendonitis
- Elbow Pain
- Hip Flexor Strain
- Groin Pull
- Carpal Tunnel
- Quad Pull
- Knee Pain
- Patellar Tendonitis
- Shin Splints
- Ankle Sprain
- Plantar Fasciitis