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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Back Pain Relief

Acme – As people grow older, sedentary lifestyles can set the stage for low back pain. Spending more time sitting can make the muscles in the front of the hips and back tighten up. Frequently, lower back pain can be traced to these overly tight muscles. Research shows exercises that target the muscles, which support and control the spine, may help to reduce the pain. Back pain can also be mechanical in nature, meaning that there may be a disruption in the way the components of the back fit together and move.

On Monday, June 12, 6 p.m. at Samaritas Senior Living, 4354 Mt. Hope Road, in Acme, Rex Holden and Beth Dole from FYZICAL Therapy and Balance Centers will give a presentation on back pain relief. The presentation will feature exercise, stretching, body mechanics, postural considerations and pain relief techniques.

Rex Holden is a Physical Therapist and co-owner of FYZICAL Therapy and Balance Centers. Beth Dole is a Clinical Exercise Physiologist and Certified Athletic Trainer.

There is no cost for the presentation, however advanced registration is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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