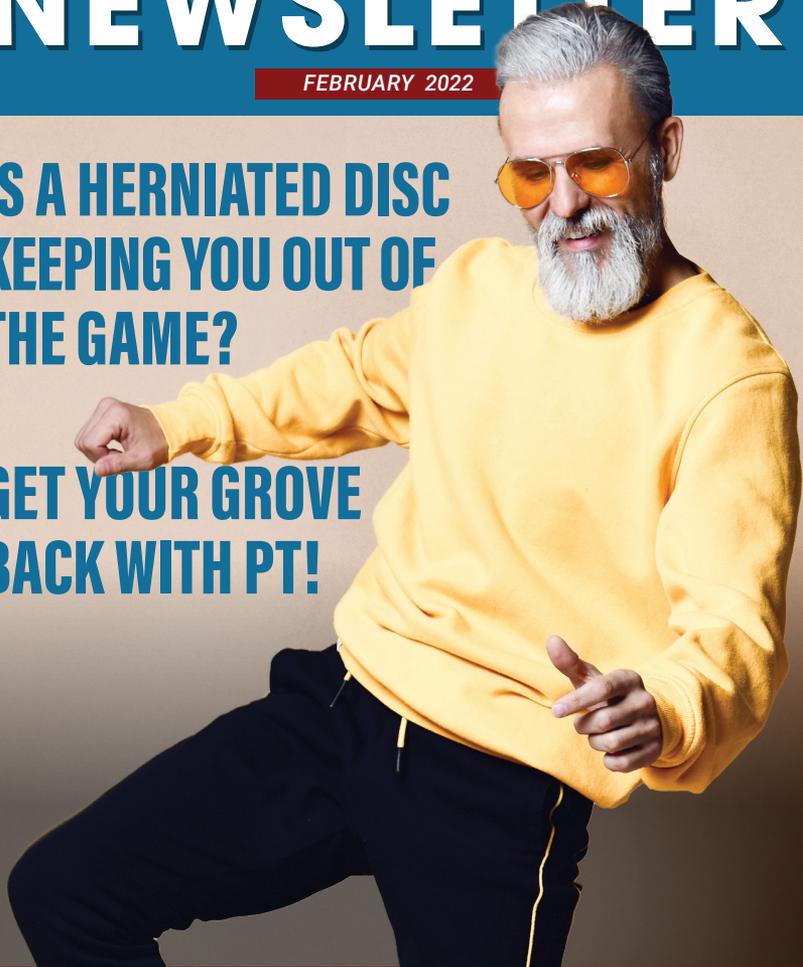


# NEWSLETTER

FEBRUARY 2022

IS A HERNIATED DISC  
KEEPING YOU OUT OF  
THE GAME?

GET YOUR GROVE  
BACK WITH PT!



## INSIDE:

- FEBRUARY IS HEART HEALTH MONTH
- EXERCISE OF THE MONTH
- SICILIAN EGGPLANT CAPONATA
- PATIENT SUCCESS SPOTLIGHT



# NEWSLETTER

FEBRUARY 2022

## IS A HERNIATED DISC KEEPING YOU OUT OF THE GAME? GET BACK IN WITH PHYSICAL THERAPY!

A herniated disc doesn't always cause symptoms – but when it does, it can prevent you from playing your favorite sport, driving comfortably, performing your essential job tasks, or even getting a decent night's sleep. The good news is that you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs. Here at Hands On Physical Therapy, we can employ conservative treatment techniques to help you ease pressure on your spine and regain lost function in your neck, back or extremities. Let's take a look at how you can conquer your herniated disc issues the natural way.

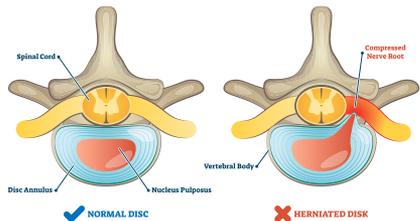
### ANNOYING SYMPTOMS AND DEBILITATING PHYSICAL CHALLENGE

As explained inside this newsletter, a herniated disc is a bulge in one of the cartilaginous discs that cushions your spinal vertebrae. It's not quite the same thing as a bulging disc, however, at least not in the strictest medical sense of the term. A bulging disc is a protrusion caused by dehydration of the fluid-based inner disc material. As the disc loses its "filling," it starts to flatten outward, with more than 25 percent of the outer casing (the annulus fibrosus) poking out from the spinal column.

In a herniated disc, a weakness or breach in the disc's outer casing results in less than 25 percent of the disc extending outward. The breach may also allow the inner material to leak out, a condition called extrusion.

The bulging section of a herniated disc may cause no symptoms as long it makes no contact with the surrounding spinal structure. If the disc pushes against major nerve roots, however, it can interfere with the normal passage of nerve signals.

### HERNIATED DISC



That's when you experience low back pain, neck pain, and neurological problems in your arms or legs.

*Continued inside.*

[www.hopt-wellness.com](http://www.hopt-wellness.com)

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY  
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**



Your personalized treatment prescription may call for a mix of physical therapy techniques. For instance, if your herniated disc has caused your back or neck muscles to seize up painfully, you may benefit from massage therapy to ease those spasms and make your muscles limber enough to exercise. Ice, heat, and cold laser treatments can also reduce pain and inflammation; this may prove especially helpful if your herniated disc was accompanied by other soft tissue injuries. We may even recommend chiropractic adjustment or traction to help take pressure off of nerve tissue.

Physical therapy exercises may play a key role in easing your herniated disc troubles. Examples may include:

- Core exercises to help you build the strength and stability in your lower back, thus straightening and normalizing your posture
- Flexibility exercises to help improve your range of motion and reduce your risks for future neck or back injuries
- Extremity or balance exercises to help you rebuild muscle atrophy caused by nerve compression

Once you have recovered from that herniated disc, you want to make sure you don't give yourself another one. Anything you can do to keep musculoskeletal stresses and strains at a minimum will help you ward off disc issues going forward. We may recommend lifestyle changes such as weight loss or improved workplace ergonomics to help you protect your spine. We can also provide ongoing fitness counseling and exercise recommendations for a lifetime of better health, comfort, and function.

**Are you ready to take non-surgical action against your herniated disc symptoms? If so, contact Hands On Physical Therapy today to schedule an evaluation. We can arm you with a safe, practical plan for regaining your quality of life!**

## A HOLISTIC PLAN FROM OUR PHYSICAL THERAPIST

Physical therapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain or neuropathy from this annoying problem. Your physical therapist will start by evaluating your condition carefully. We will discuss your medical history, any specific incident (such as a heavy-lifting mishap) that may have herniated a disc, and analyze your symptoms in detail. We will also X-ray your spine to pinpoint the exact spot where the herniation occurs. These initial steps enable us to give you the most accurate and effective care possible.

# Happy Valentine's Day

## February Is... HEART HEALTH MONTH!

Celebrate heart health by practicing these 8 simple health tips:

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



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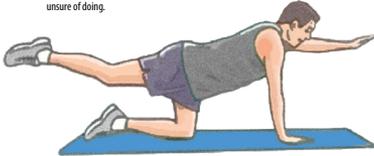
# EXERCISE OF THE MONTH

This exercise helps strengthen back, glutes and core.

## BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



# PATIENT SUCCESS SPOTLIGHT



"The folks at Hands On Physical Therapy worked wonders for my pain. I was skeptical PT would do me much good, but they certainly proved I was wrong. This is not one of those glitzy, fancy boutique gyms, so if you're looking for that, you'll be disappointed. But, if you're looking for professional therapists who understand what they're doing and what will benefit you most, this is the place. They constantly questioned about how things were working and adapted therapy to fit the need. They provided reports to my orthopedic surgeon so he could evaluate progress and plan for what's next. It's looking like surgical intervention may not be necessary. I'm sold on the people at Hands On Physical Therapy" - **Greg G.**

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy!

[www.hopt-wellness.com](http://www.hopt-wellness.com)

## COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit [hopt-wellness.com](http://hopt-wellness.com) to schedule an appointment and get relief today!

[www.hopt-wellness.com](http://www.hopt-wellness.com)

## HEALTHY RECIPE

### SICILIAN EGGPLANT CAPONATA



#### INGREDIENTS

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint

**INSTRUCTIONS:** Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>

## COUPON CORNER!

### FREE PAIN CONSULTATION

**H O** Hands On  
**P T** Physical Therapy

### WE OFFER 3 CONVENIENT LOCATIONS

### CALL TO SCHEDULE TODAY!

Spots are limited so call today!

<b>Cary</b> 919-851-0711	<b>Fuquay-Varina</b> 919-557-2111	<b>Zebulon</b> 919-269-0107
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Call to schedule. Expires 2/28/2022