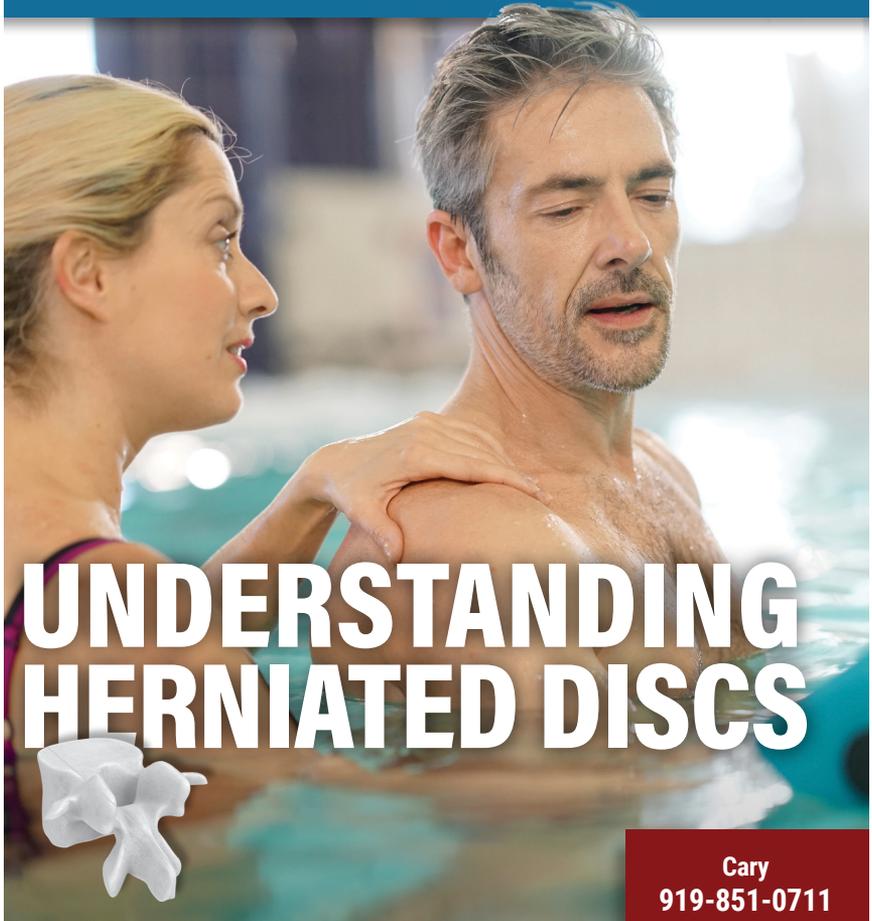


NEWSLETTER



UNDERSTANDING HERNIATED DISCS



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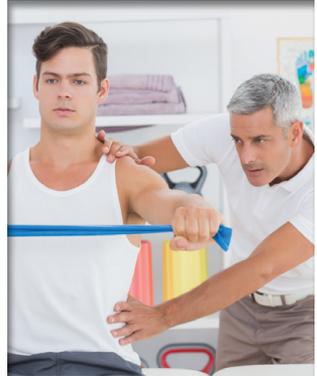
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INSIDE: HANDS ON PHYSICAL THERAPY WILL
SOON BE OFFERING LASER THERAPY!



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NEWSLETTER



UNDERSTANDING HERNIATED DISCS

Are you struggling with severe lower back pain? Did you injure your back when bending or twisting? You could be suffering from a herniated disc.

A herniated disc is one of the most painful back injuries that you can experience, and it is far more common than you may be initially aware of. A herniated disc is commonly associated with severe or sharp pain starting in the lower back (or neck) radiating down the leg (or arm). It can be so intense that people struggle to do everyday activities.

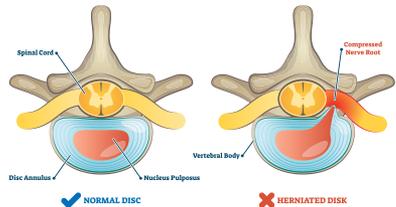
Call Hands On Physical Therapy today to make an appointment. With guidance from our physical therapists, you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS A HERNIATED DISC?

Your spine comprises a series of interlocking bones, called vertebrae, with a specialized tissue in between each vertebra called the intervertebral disc (aka disc). The structure of your spine is what allows you to move freely forward and back, rotationally and from side to side.

The discs provide cushioning and allow motion throughout the

HERNIATED DISC



levels of the spine. The disc consists of fluid the consistency of toothpaste and moves depending on the positions and movements we perform. As we get older, the disc will start to break down and dehydrate, making it more susceptible to herniation.

Continued inside.

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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

UNDERSTANDING HERNIATED DISCS



Continued from previous page.

A herniated disc is a condition in which the nucleus pulposus (located within the center of the disc) herniates. This herniation causes pain and may become even more painful if the herniated disc begins to press on the adjacent spinal nerves, causing pain and inflammation.

CAUSES OF DISC HERNIATION

The most common cause of disc herniation is the degenerative process. As we age, the disc is less hydrated, and it weakens. This process makes the disc more susceptible to herniation.

The second most common cause of disc herniation is trauma. The most common injuries are bending, twisting, and lifting events. It is also possible to herniate discs from traumas related to sports injuries or car accidents. In these cases, the herniation occurs as a result of overloading of pressure on the disc.

A recent study found that static overloading, like prolonged sitting and sedentary lifestyles, may be the mechanism in younger people without significant degeneration in their discs. The prolonged postures, especially slouched postures, lead to a shearing type of pressure that weakens the disc, making it more susceptible to herniation.

Risk factors that can increase your risk of a herniated disc include:

Smoking. It's thought that smoking lessens the oxygen supply to the disc, causing it to break down more quickly.

Weight. Excess body weight causes extra stress on the discs in your lower back.

Occupation. People with physically demanding jobs that require repetitive lifting, bending, and twisting also can increase your risk of a herniated disc.

Sedentary lifestyles. Prolonged sitting postures, whether in an office or vehicle, may create a greater risk of back problems.

Genetics. Some people inherit a predisposition to developing a herniated disc.

TREATMENT FOR HERNIATED DISCS

If you suspect that you may have a herniated disc, contact a physical therapist right away. Attempting to engage in therapy at home could lead to further injury. It is best to have an experienced therapist assess your injury before attempting any treatment options.

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. A combination of passive and active techniques is typically employed, including:

Education – Understanding the source of your pain and managing it can help you be proactive and find a solution.

Advice To Stay Active – It is crucial to stay active. Your physical therapist can help to identify modifications to painful tasks and help you be safe and active.

Therapeutic Interventions – A physical therapist will tailor your exercises, monitor you, and progress you based on your individual

needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Manual therapy techniques for pain relief and improved mobility
- Electrical stimulation for pain relief

Physical therapy aims to restore range of motion and improve strength while reducing the general experience of pain. It provides targeted exercises that support the spinal joints with precise movements that help reinforce strength and range of motion.

Call Hands On Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.



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EXERCISE OF THE MONTH

This exercise helps strengthen your hips.

TRUNK ROTATION IN STAGGERED STANCE

Start by standing up straight with your feet staggered and your abdominals braced. Place your hands behind your head and rotate your torso as far as possible to one side. Hold for 2 seconds and then rotate all the way to the other side.



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

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EXCITING NEWS!



Hands On Physical Therapy Will Soon Be Offering Laser Therapy!

Laser therapy is a treatment option that uses light therapy to speed up recovery naturally. This technique can reduce your discomfort in as little as one therapy session.

Therapy lasers, which use cutting-edge, pain-free laser technology, have been clinically proven to relieve inflammation and pain without the harmful side effects of drugs. This innovative technology revolutionizes pain management because it doesn't involve drugs and is non-surgical!

WHAT CONDITIONS CAN BENEFIT FROM LASER THERAPY?

Some conditions that laser therapy can promote healing with:

- Neck pain
- Lower back pain
- Soft tissue damage
- Plantar fasciitis
- Sciatica
- Arthritis
- TMJ

WHAT TO EXPECT DURING LASER THERAPY TREATMENT

Laser therapy does not hurt! The process is very simple and relatively quick. Because laser light cannot penetrate through layers of clothes, laser therapy treatments must be applied directly to the skin. As the therapy is performed, you will sense a comforting warmth that signals the start of a process of modulated cellular activity. This leads to reduced pain and enhanced local circulation in the treated area!

Give Hands On Physical Therapy A Call Today To Find Out If Laser Therapy Could Benefit You!

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Doing it will only go so far! **Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!**



HAVE YOU MET YOUR 2023 INSURANCE DEDUCTIBLE OR OUT OF POCKET MAX?

If so, your next PT visit may be completely covered by your insurance!

FINISH THE YEAR STRONG AND GET TREATED TODAY!



PATIENT SUCCESS SPOTLIGHT

"After just the first appointment I could feel improvement in the amount of pain and the ability to just sit without feeling the nerve pinching constantly was noticed!" —L.B.

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! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

FREE PAIN CONSULTATION



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Spots are limited so call today!

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Call to schedule. Expires 1/31/2024