



connections
PHYSICAL THERAPY

NEWSLETTER

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HERNIATED DISC TREATMENT



Are you struggling with pain down your leg? Did you injure your back when bending and lifting? You could be suffering from a herniated disc. The good news is that at Connections Physical Therapy, you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs.

A disc is a soft pad between each of the spine's vertebrae. The disc acts as a spacer, shock absorber and facilitates movement in the spine. A herniated disc occurs when the inner portion of the disc pushes through a crack in the disc's outer wall.

A herniated disc doesn't always cause symptoms. Still, 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.

Here at Connections 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.

Contact us today and let us look at how you can conquer your herniated disc issues the natural way.

Signs & Symptoms Of A Herniated Disc

A herniated disc is the result of a weakness or breach in the disc's outer casing. This leads to the inner disc material extending outward. 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 nerve roots or causes inflammation of the nerve roots, it can interfere with the normal passage of nerve signals. This disruption causes you to experience low back pain, neck pain, and nerve symptoms in your arms or legs.

People with a herniated disc will often describe the following symptoms:

- Pain
- Tightness and restrictions in movement especially bending or rotating
- Numbness and/or tingling
- Weakness in the arms or legs
- Limping when walking
- Increased pain when coughing, sneezing, or straining
- Inability to stand up straight (i.e., "stuck" stooped forward or to the side)
- Difficulty getting up from a sitting
- Inability to remain in a position due to pain.
- Pain that is worse in the morning and with prolonged sitting

Our goal is to help you reach yours!

**Come back into our clinic for treatment
and take a step towards better health.**

COME BACK IN FOR PT!

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 nerve problems. 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.

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 laser treatments can also reduce pain and inflammation to the tissues surrounding your spine. Physical therapy exercises like core exercises help you build strength and stability in your lower back, thus reducing your pain and improving your function. Mobility exercises to help improve your range of motion and reduce your risks for future neck or back disc-related injuries.

Anything you can do to keep musculoskeletal stresses and strains at a minimum will help you ward off disc issues in the future. We may recommend lifestyle changes such as regular exercise, proper nutrition, or improved workplace ergonomics to help you protect your spine.

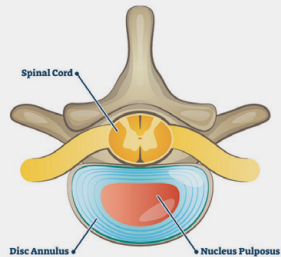
Call Today To Make An Appointment

Are you ready to take non-surgical action against your herniated disc symptoms? If so, contact Connections Physical Therapy today to schedule an evaluation.

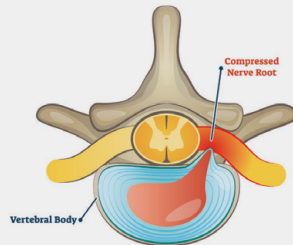
We can guide you through a safe, practical plan for regaining your quality of life!

Sources:
<https://www.njeczonline.org/article.asp?issn=2348-053X;year=2019;volume=7;issue=2;spage=93;epage=100;au=last=Danazumi>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7358225/>
<https://www.choosept.com/guide/physical-therapy-guide-herniated-disc>

HERNIATED DISC



✓ **NORMAL DISC**



✗ **HERNIATED DISC**



Our Goal Is To Help You Reach Yours!

Scan the QR Code to visit our website and schedule your appointment!

EXERCISE ESSENTIAL

SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

*This exercise is designed for pain prevention.
Call your therapist if you are experiencing any pain!*





4 Ways To Invest In Your Health Today

1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

4. Have A Primary Care Physician.

Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>



STAFF SPOTLIGHT

CASEY BRYSON PT, DPT

Casey graduated from University of Massachusetts Lowell with a Bachelors in Exercise Physiology and went on to receive her Doctorate of Physical Therapy from Franklin Pierce University in 2018. Casey has many years of experience working in outpatient orthopedic settings specializing in post-operative care, pediatric orthopedics, vestibular dysfunction, sports injuries and pelvic floor therapy.

Casey has completed many different certifications including Biopsychosocial Model of Care, Ultimate Return to Sport, Comprehensive Concussion Management, McKenzie and Graston Technique. She joined our Harvard Connections PT team in 2021 and focuses her attention on patient centered care.

In her free time Casey is an avid hiker; currently pursuing the highest peaks of the New Hampshire White Mountains and beyond. She also loves engaging with nature by learning about the local plants & animals and strives to continue to participate in conservation efforts. She has been dedicated to expanding her practice through a variety of manual interventions including use of the Graston & Mackenzie technique to provide patients with strategies to empower themselves. She enjoys supporting patients as they transition back to life activities following injury/dysfunction as well as developing long-term training plans to allow them to pursue additional fitness goals.

Herniated discs can be a debilitating condition that impacts patients quality of life and ability to move around without skilled intervention. Physical therapy is one of the leading treatment options following a diagnosis of a disc herniation of the spine, regardless if it is located in the neck or lumbar spine. These conditions can often cause sharp pains to travel into an extremity and cause abnormal sensations as well as strength loss if left untreated.

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connections
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Call your nearest Connections Physical Therapy clinic to schedule your next PT appointment!