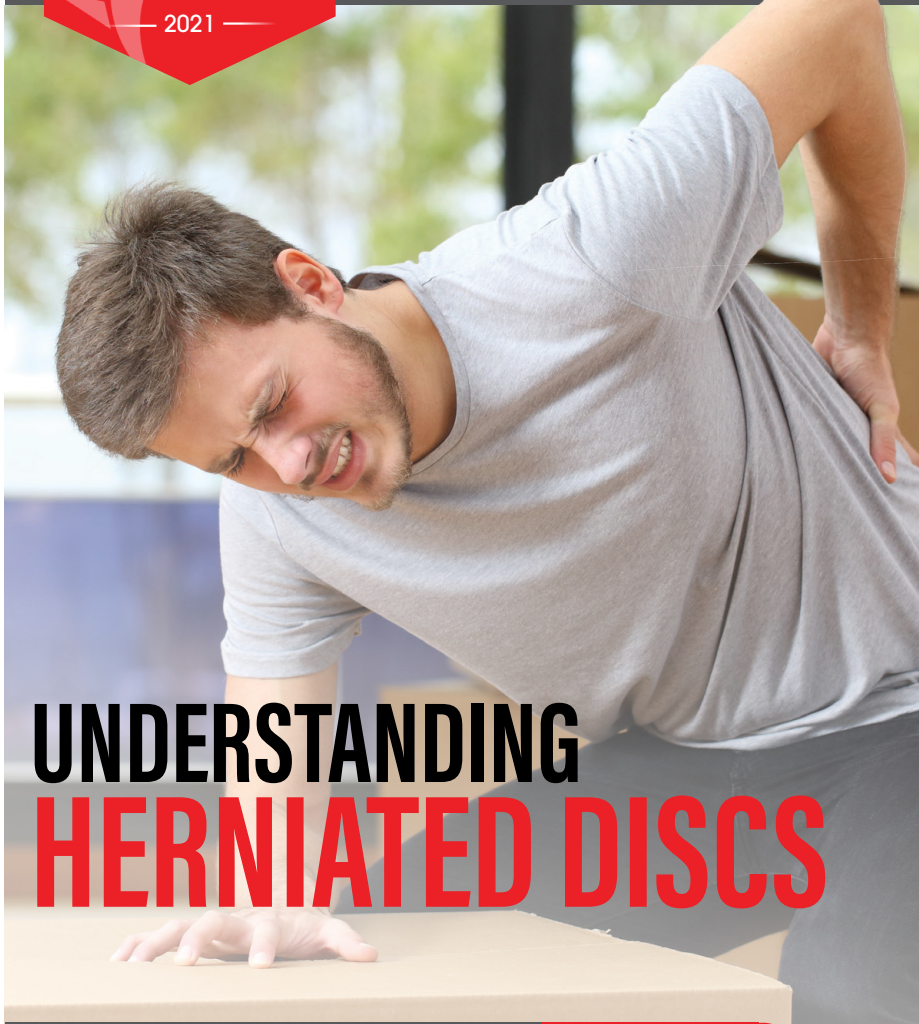




— 2021 —

THE THERAPY FIT NEWSLETTER



UNDERSTANDING HERNIATED DISCS

- Treatment for Herniated Discs
- Healthy Recipe
- Exercise of the Month
- Various Back & Neck Conditions Therapy Fit Can Treat
- Patient Success Spotlight



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2021

THERAPY FIT NEWSLETTER

UNDERSTANDING HERNIATED DISCS



HAS YOUR PAIN COME BACK?

Call today for a Free Physical
Therapy Consultation

(972) 587-9404

*We can help you get back to
the activities you love.*

Back pain can develop for all sorts of reasons. From a car accident to bad posture, to an uncomfortable seat for a prolonged period of time, back pain can come out of nowhere and cause no small amount of discomfort once it arrives.

There are some back injuries, however, that are even more painful than your run-of-the-mill back pain. 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. Dealing with this kind of condition can take a toll on your physical, mental, and emotional health.

If you are dealing with this kind of pain, take a moment to close your eyes. Think about what it would be like for you to live your life without back pain, free to move as you please. Pretty nice, huh? If this is a big goal of yours, don't waste any more time. Call Therapy Fit today to learn more about living a pain-free lifestyle.

What is a Herniated Disc?

The things our bodies do for us to keep us in line are incredible. Let's start with our spine! Your spine is made up of a series of interlocking bones with small cushions in-between each joint socket. The structure of your spine is what allows you to move freely from side to side. Every time you crunch your abdomen by bending forward or lean to one side or another for a deep stretch, those little vertebral bodies move with you, keeping you comfortable and your back strong. Without cushioning in between each of those sockets, the bones would rub against one another with every movement, and this would be incredibly painful.

The vertebrae in the spine are stacked closely together, with only a small amount of space for the discs in between each bone. A disc can become herniated as a result of injury, car accident, or even simply from overuse. One of the most common causes of a herniated disc is heavy lifting.

Weight lifters have to be especially wary not to suddenly lift something

too heavy, otherwise risk experiencing a slipped disc. But experienced gym-goers are not the only ones at risk. Every time you attempt to move a piece of furniture, a heavy box, or even a big bag of books you need to be wary to lift correctly, otherwise face the risk of potentially herniating a disc in your back!

When a disc becomes herniated, the cushioning in between the vertebrae will rupture, essentially defeating the cushioning in between the vertebrae and causing the bones to begin to rub against one another. As you may already imagine, this is painful enough as it is but can become even more painful if the herniated disc actually begins to press on the adjacent spinal nerves, causing the pain to spread even further up the spine.

The most common placement for a herniated disc is at the lumbar vertebrae in the lower back. While it is not the only reason that pain can become severe in the lower back, it is definitely one of the most severe forms of back pain.

If you suspect that you may have experienced a herniated disc it is important that you seek medical attention from your physical therapist at Therapy Fit. You deserve to live a healthy life that allows you to move the way you want and need to on a daily basis. A herniated disc will not heal on its own, and working with a physical therapist is one of the best ways to experience relief from the pain associated with this common concern.

TREATMENT FOR HERNIATED DISCS

Wouldn't it be nice to not cringe in pain or discomfort every time you tried to lift something heavy or bend over to pick something up off the floor? Absolutely. If you're unable to do everyday tasks without pain in your back, physical therapy treatment could be the answer for you.

Pain associated with a herniated disc often develops in the sciatic nerve, and doesn't subside with simple rest and relaxation. While hot and cold therapy will help alleviate the pain associated with many different back issues, it won't make the pain of a herniated disc go away. The pain is often frequently associated with numbness, weakness, and tingling in the legs. In many situations, the pain will feel more severe after initial movements, such as standing up or laying down. Many people mistakenly refer to having a herniated disc as having "pinched a nerve," but that is not the case.

Physical therapy is an amazing resource for attempting to overcome the pain associated with a herniated disc! A combination of passive and active techniques is typically employed, including deep tissue massage, electrical stimulation, and hydrotherapy, as well as deep stretching and strength building.

The truth is that many people wrongfully believe that surgery and medications are their only options for long-term pain relief. You don't need to go down that route, however, when there are safe and effective options available to you with a physical therapy treatment plan at Therapy Fit.

Call our clinic today for an appointment

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.

Call Therapy Fit Physical Therapy today to learn more about the benefits of physical therapy for herniated discs, and begin your journey toward living a pain-free life!

EXERCISE YOUR MIND WITH SUDOKU

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<http://1sudoku.com>

n° 221183 - Level Medium



SCHEDULE AN APPOINTMENT TODAY!

972-587-9404



HEALTHY RECIPE

Skinny Orange Creamsicles

INGREDIENTS

- 2 cups unsweetened Greek yogurt
- 1 orange
- 1 cup pineapple chunks
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

INSTRUCTIONS

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

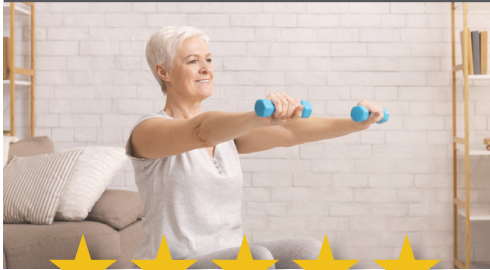
*Blend in spinach for a boost of greens.



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PATIENT SUCCESS SPOTLIGHT



"They will get you feeling stronger than ever."

"The therapists at Therapy Fit Physical Therapy have helped me rehab and build strength after multiple injuries and surgeries. You won't find any other place in town where a Master's or Doctorate level therapist works 1:1 with you the ENTIRE visit! No being passed on to a tech, or sharing time with another patient. Their attention to detail and care is remarkable. I love that they use various methods to promote healing and build strength - from yoga, Pilates, prenatal, cupping, dry needling and more. I highly recommend Therapy Fit PT - they will get you feeling stronger than ever." - T.V.

VARIOUS BACK & NECK CONDITIONS THERAPY FIT CAN TREAT

- Auto Accident
- Back Pain
- Cervical Radiculopathy
- Degenerative Disk Disease
- Disk Herniation
- Headaches/Migraines
- Low Back Pain
- Lumbar Radiculopathy
- Multiple Sclerosis
- Neck Pain / Cervicalgia
- Osteoporosis
- Sacroiliac Joint Dysfunction
- Sciatica
- Scoliosis
- Spinal Compression Fractures
- Spinal Muscular Atrophy
- Spinal Stenosis
- Whiplash Injuries

EXERCISE OF THE MONTH



Strengthens Back & 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. Perform 10 repetitions 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 the opposing arm or leg can be added once ready for progression.



This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

EXERCISES COPYRIGHT OF
SimpleSet Pro
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Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give your physical therapist a call today!

972-587-9404

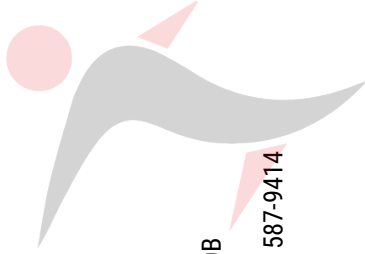




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REFER A FRIEND

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Who do you know that needs our help? Refer a friend or loved one to Therapy Fit! **Simply have them contact us at (972) 587-9404 or visit our site to schedule an appointment.** We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



FREE PHYSICAL THERAPY CONSULTATION