



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

www.fyzical.com/manassas | (703) 368-7343



SEEK HERNIATED DISC TREATMENT AT FYZICAL

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NOVEMBER, 2021

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HERNIATED DISC TREATMENT AT FYZICAL

SEEK BACK PAIN RELIEF!

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 FYZICAL, 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 Challenges.

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

A HOLISTIC PLAN FROM OUR PHYSICAL THERAPISTS

Physical therapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain 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. These initial steps enable us to give you the most accurate and effective care possible.

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 hands-on soft tissue work to ease those spasms and make your muscles limber enough to exercise. Modalities such as ultrasound, electrical stimulation and dry needling 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 traction or aquatic physical therapy offered by our clinic at a nearby center.

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 FYZICAL.

HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. **Let us help you get a head start going into 2022, before your deductible renews again!**



HEALTHY RECIPE COCONUT APRICOT ENERGY BALLS

INGREDIENTS

- 1 1/2 cups dried apricots
- 1 cup raw cashews (can sub blanched almonds or macadamia nuts)
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 2 tbsbp brown rice syrup



- 1/2 tsp vanilla extract
- pinch of salt

DIRECTIONS

Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsbp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least 2 hours to set.

Source: <https://choosingchia.com/coconut-apricot-energy-balls/>

SCHEDULE AN APPOINTMENT BY CALLING (703) 368-7343

Exercise To Do At Home

Strengthens core



DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.



FUN & GAMES

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<http://1sudoku.com>

n° 227580 - Level Medium



PATIENT SUCCESS SPOTLIGHT

“I went to FYZICAL Manassas for lower back pain. I was fortunate to have Gin Yang as my physical therapist. He was courteous, professional and successfully helped me with my back problem. I would go back anytime to have Gin as my physical therapist, and I would recommend FYZICAL Manassas to anyone who is looking for a good Therapist. Keep up the good work. Thanks.” - **S. Jean Pierre**



Schedule an appointment today! **703-368-7343**



WE MAKE IT EASY TO LEAVE A REVIEW!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Tell us how we did!



Do you have any questions? Give us a call and we will put you on the phone with one of our therapists!
(703) 368-7343

