

N E W S L E T T E R

FIND RELIEF BY COMING BACK TO PT

INSIDE:

- How Does This Happen?
- 8 Nutrition Tips For A Healthy Summer
- Exercise Essentials
- Crab Tacos





N E W S L E T T E R



UNDERSTANDING HERNIATED DISCS

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- How Does This Happen?
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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.

What is a Herniated Disc?

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.

When a disc becomes herniated, the cushioning in between the vertebrae will rupture, essentially deflating the cushioning in between the vertebrae and causing the bones to begin to rub against one another. 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, such as from your physical therapist. 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.

Come back to physical therapy today!
Give us a call today at (501) 781-2701 or visit
www.JEPhysicalTherapy.com to schedule your appointment!



HOW DOES THIS HAPPEN?

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.

Treatment for Herniated Discs

Pain associated with a herniated disc often develops in the sciatica 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 movement, 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.

Call (501) 781-2701 today!

FUN & GAMES

6					7			1
	7	9						
		3		5	9		7	6
5	2				3			9
		6				1		
3			1				2	4
8	1		2	3		9		
						3	8	
2			8					7

<http://1sudoku.com>

n° 225044 - Level Medium

Only use the numbers 1 to 9. Avoid trying to guess the solution to the puzzle. Only use each number once in each row, column, & grid. Use the process of elimination as a tactic. Use cross-hatching and penciling in techniques.

Physical therapy is a great 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.

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.

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EXERCISE ESSENTIALS

Helps Strengthen Core



PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Keep this leg straight, and hold in place for at least 2-3 seconds. Slowly lower and then repeat with the opposite side. Do not allow your spine to move the entire time. Slowly perform at least 10-15 repetitions.



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CALL TODAY!

8 NUTRITION TIPS FOR A HEALTHY SUMMER



- 1. Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.
- 2. Serve seafood.** Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

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- 3. Don't skip breakfast.** When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
- 4. Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
- 5. Snack at work.** Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
- 6. Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.
- 7. Recover with a post-workout shake.** After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.
- 8. Pre-plan your meals.** You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

HEALTHY RECIPE

CRAB TACOS



- Tortillas
- For the filling*
 - 50ml mayonnaise
 - 200g brown crabmeat
 - Juice ½ lime
 - 1 small fennel bulb, sliced
 - ½ cucumber, diced
 - Bunch fresh chives, chopped
 - Small bunch fresh coriander,
- roughly chopped*
 - 2 spring onions, finely sliced
 - 300g white crabmeat
- For the tomato salsa*
 - 200g cherry tomatoes, quartered
 - ½ red onion, very finely diced
 - Juice 1 lime
 - Handful fresh mint, chopped

Mix all the filling ingredients except the white crabmeat, then taste and season. Mix all the ingredients for the salsa in a bowl and season well. To assemble, fill a tortilla with some of the filling mixture, then top with some white crabmeat and a dollop of salsa. Garnish with a few herb leaves, then roll up the tortilla.

Recipe: <https://www.deliciousmagazine.co.uk/recipes/crab-tacos/>

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 **JOINT EFFORT**
PHYSICAL THERAPY

TO REDEEM, GIVE US A CALL & MENTION THIS COUPON!

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