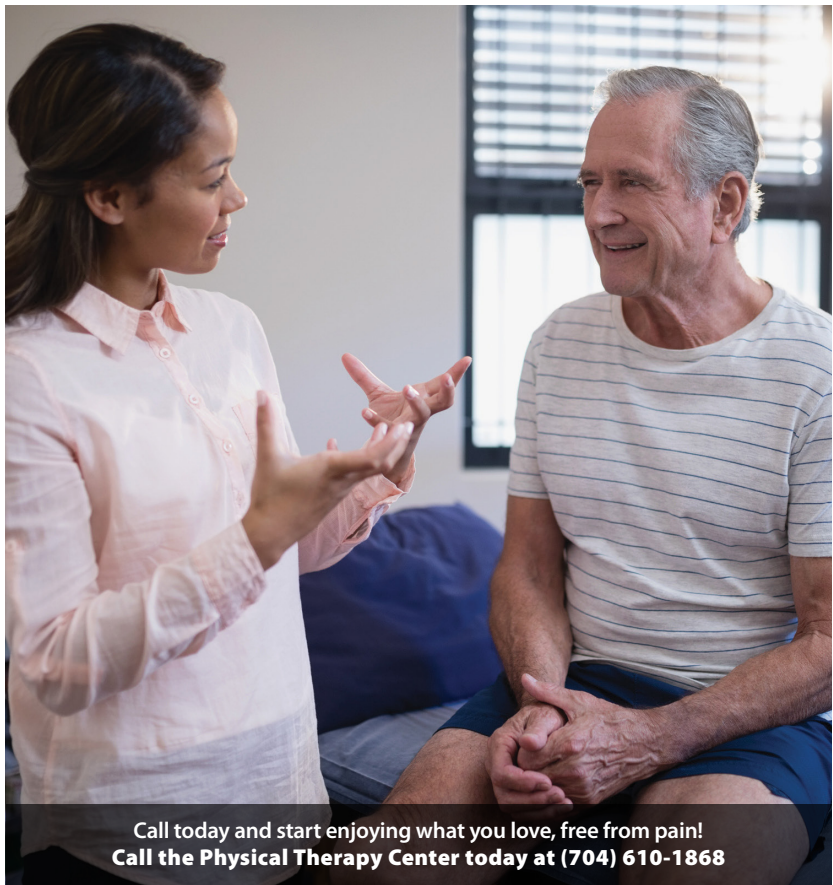




# HERNIATED DISC TREATMENT

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[PHYSICALTHERAPYCENTER.ORG](http://PHYSICALTHERAPYCENTER.ORG)



Call today and start enjoying what you love, free from pain!  
Call the Physical Therapy Center today at (704) 610-1868

# Herniated Disc Treatment

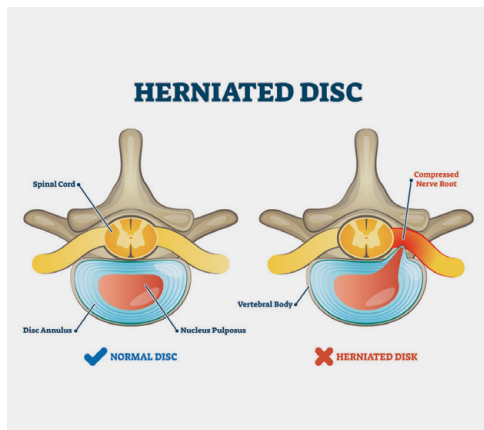
Are you struggling with pain down your leg? Did you injure your back when bending and lifting? You could be suffering from a herniated disc. The good news is that at the Physical Therapy Center, you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs.

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 the Physical Therapy Center, 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

**Book An Appointment Today!**

# What Can I Do To Proactively Avoid These Health Risks?

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 the Physical Therapy Center 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=2348-053Xyear=2019;volume=7;issue=2;spage=93;epage=100;aulast=Danazumii>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7358225/>  
<https://www.choosept.com/guide/physical-therapy-guide-herniated-disk>



## Feel Better By Eating Better!

### Protein PB&J Smoothie Bowl

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>

## Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

**Matthews Location**  
(704) 610-1868

**Waxhaw Location**  
(704) 459-4269

**South End Location**  
(980) 303-3991

**Monroe Location**  
(704) 459-3794



# 11 Quick Ways To Add Greens To Your Diet

It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. *These 11 strategies can help make getting more vegetables convenient, simple, and delicious.*

1. **Make them more interesting.** Look up new recipes.
2. **Prep ahead of time.**
3. **Get everyone involved.**
4. **Hide them in yummy dishes.** Roasted vegetable Lasagna
5. **Make an omelet.**
6. **Make them portable.**
7. **Slip 'em into smoothies.**
8. **Upgrade starches.** Zucchini fries
9. **Double up in restaurants.** Simple: Ask your server to skip the potatoes and add another green vegetable.
10. **Make it a mission to try a new one.** Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
11. **Buy them fresh or frozen.** Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.



## Featured Exercise *Prone on Elbows*



Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Leave Us A Review!

Have you been loving the Physical Therapy Center? We would love to hear! Scan the QR code or visit our website at [PhysicalTherapyCenter.org](http://PhysicalTherapyCenter.org) to tell us how we're doing!