



UNLEASH YOUR MOBILITY

DEFEATING HERNIATED DISC PAIN

Read more inside on How You Can Overcome Herniated Disc Pain,
How To Set Goals That Make A Habit, and a Healthy Recipe!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464

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DEFEATING HERNIATED DISC PAIN



Are you struggling with severe lower back pain? Did you injure your back when bending or twisting? You could be suffering from a herniated disc.

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 of. A herniated disc is commonly associated with severe or sharp pain starting in the lower back (or neck) radiating down the leg (or arm). It can be so intense that people struggle to do everyday activities.

Call Darien Physical Therapy at (203) 655-6464 today to make an appointment. With guidance from our physical therapists, you can find solutions to your pain and get back to living the life you enjoy!

What Is A Herniated Disc?

Your spine comprises a series of interlocking bones, called vertebrae, with a specialized tissue in between each vertebra called the intervertebral disc (aka disc). The structure of your spine is what allows you to move freely forward and back, rotationally and from side to side.

The discs provide cushioning and allow motion throughout the levels of the spine. The disc consists of fluid the consistency of toothpaste and moves depending on the positions and movements we perform. As we get older, the disc will start to break down and dehydrate, making it more susceptible to herniation.

A herniated disc is a condition in which the nucleus pulposus (located within the center of the disc) herniates. This herniation causes pain and maybe even more pain if the herniated disc begins to press on the adjacent spinal nerves, causing pain and inflammation.

Causes of Disc Herniation

The most common cause of disc herniation is the

degenerative process. As we age, the disc is less hydrated, and it weakens. This process makes the disc more susceptible to herniation.

The second most common cause of disc herniation is trauma. The most common injuries are bending, twisting, and lifting events. It is also possible to herniate from traumas related to sports injuries or car accidents. In these cases, the herniation occurs as a result of overloading of pressure on the disc.

A recent study found that static overloading, like prolonged sitting and sedentary lifestyles, may be the mechanism in younger people without significant degeneration in their discs. The prolonged postures, especially slouched postures, lead to a shearing type of pressure that weakens the disc, making it more susceptible to herniation.

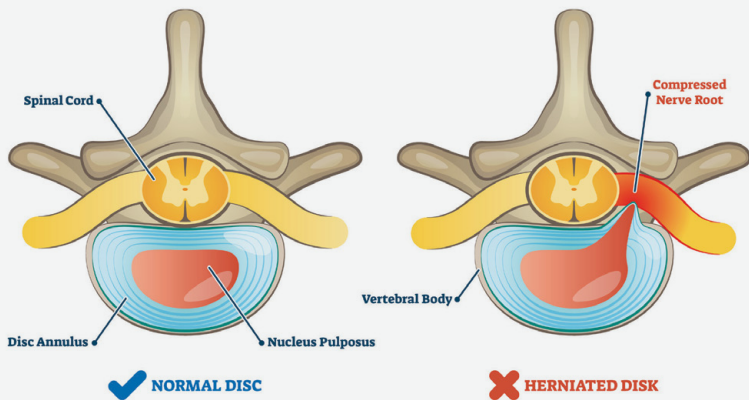
Risk factors that can increase your risk of a herniated disc include:

- **Smoking.** It's thought that smoking lessens the oxygen supply to the disc, causing it to break down more quickly.
- **Weight.** Excess body weight causes extra stress on the discs in your lower back.
- **Occupation.** People with physically demanding jobs that require repetitive lifting, bending, and twisting also can increase your risk of a herniated disc.
- **Sedentary lifestyles.** Prolonged sitting postures, whether in an office or vehicle, have a greater risk of back problems.
- **Genetics.** Some people inherit a predisposition to developing a herniated disc.



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!



HOW YOU CAN OVERCOME HERNIATED DISC PAIN

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.

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. **A combination of passive and active techniques is typically employed, including:**

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution.

Advice to stay active

It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Therapeutic interventions

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises

- Proper stretches exercises
- Strength exercises
- Manual therapy techniques for pain relief and improved mobility
- Electrical stimulation for pain relief

Contact Our Clinic Today

Physical therapy aims to restore range of motion and improve strength while reducing the general experience of pain. It provides targeted exercises that support the spinal joints with precise movements that help reinforce strength and range of motion.

Call Darien Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Sources:
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HOW TO SET GOALS THAT MAKE A HABIT

For most people, a goal is defined as “what an individual is trying to accomplish.” One of the most effective ways to achieve your goals and make a routine habit is to try “SMARTER” goal-setting strategies to help ensure your success.

S — Specific: A specific (clearly stated) area for improvement.

M — Measurable: Numbers or indicators to measure progress are essential.

A — Achievable: Challenging but within your skill range.

R — Realistic: To be successful, you must define results in realistic terms with available resources.

T — Timely: Specify the date the results are due to create a sense of urgency.

E — Evaluate: You'll be much more likely to achieve your goals by evaluating them and getting feedback from an expert (i.e., our team at Darien Physical Therapy).

R — Readjust: Use the feedback from our experts until you find yourself realizing your goals.

When your plan is unrealistic or involves too many challenges, your ability to make your routine a habit will be limited. Fortunately, our team at Darien Physical Therapy is here to help you from start to finish.



Call today to schedule an appointment with one of our specialists to get the guidance, support, and motivation to make your routine a lasting habit!

Sources:
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WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our Google Review page? We make it easy; just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



CHOCO-PEANUT BUTTER ENERGY BOMBS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!