



BOOK NOW!



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 National Physical Therapy, 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 and 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 National Physical Therapy, we can employ conservative treatment techniques to help you ease pressure on your spine and regain lost function in your neck, back, or extremities.

Signs and 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:

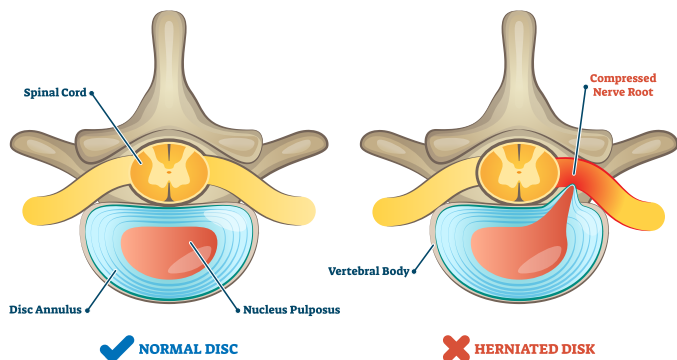
- Pain
- Tightness and restrictions in movement especially bending or rotating
- Numbness and/or tingling
- Weakness in the arms or legs

*Are you suffering from a sports injury?
Aches and pains? Contact us today for relief!*

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- 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

HERNIATED DISC



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 or nerve problems. Your physical therapist will start by evaluating your condition carefully. We will discuss your medical history and 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 aquatic therapy 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 also help improve your range of motion and reduce your risks for future neck or 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 National Physical Therapy today to schedule an evaluation.

We can guide you through a safe, practical plan for regaining your quality of life!

BOOK NOW!

Get Back to Enjoying Your Daily Life

DON'T LET YOUR BENEFITS GO TO WASTE!

TREAT YOUR BODY TO A TUNE UP & USE YOUR BENEFITS BEFORE THEY'RE GONE!

You may qualify for **FREE PHYSICAL THERAPY** from the clinic you trust.

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to National Physical Therapy for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

Sources: <https://www.njecbonline.org/article.asp?issn=2348-053X;year=2019;volume=7;issue=2;spage=93;epage=100;auiast=Danazumi>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7358225/>; <https://www.choosept.com/guide/physical-therapy-guide-herniated-disk>

Don't live with pain. Contact us today for relief!

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EXERCISE ESSENTIALS

CAT/COW STRETCH

Increases the flexibility of the neck, shoulders and spine.

1 Sets | 1 Reps | 2 Minute Hold

Begin on all fours. Place your hands below your shoulders and your knees below your hips. Arch your back towards the sky and bring your face towards your chest. Return to starting position. Now arch your back toward the ground and raise your face toward the sky. Alternate and repeat as directed by your provider.



 **PT WIRED** Always consult your physical therapist before starting new exercises.
www.ptwired.com

HEALTHY RECIPE

COCONUT APRICOT ENERGY BALLS

- 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 tbsp brown rice syrup
- 1/2 tsp vanilla extract
- pinch of salt



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 tbsp 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/>

SUCCESS STORY

“This is the third time in as many years that I have needed to go to physical therapy and I will not go anywhere else but NPT in Holbrook, MA. The staff is very friendly and understanding of the issues I have had. The treatment plan from Saloni is tailored to my injury and although it’s a long road to get back to 100%, I will get there. Thank you! I would strongly recommend to everyone!”

— Keith K.

TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review for your treatment location!
Thank you for your support!

 **REVIEW US!**



NATIONAL
Physical
Therapy

COME BACK TO PT!

CALL THE CLINIC NEAREST YOU
TO SCHEDULE AN APPOINTMENT

OR CLICK TO BOOK!

BOOK NOW!

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