



**LEAVE YOUR PAIN
IN THE PAST!**

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INSIDE:

- HINGHAM HIGH SCHOOL CREW
- TEAM PRESEASON SCREENS
- PHYSICAL THERAPY TREATMENT FOR COVID-19
- TRY THIS RECIPE!
- EXERCISE ESSENTIALS
- FREE TELEHEALTH CONSULTATION



LEAVE YOUR PAIN IN THE PAST!

What you need to know about Herniated Discs

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.

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(Continued From Outside)

HOW PT CAN HELP YOUR BACK PAIN

How does this happen?

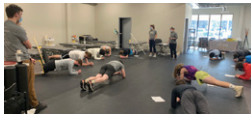
The vertebrae in the spine are stacked closely together, with only a small amount of space for the discs in between each bone. A disc can become herniated as a result of injury, car accident, or even simply from overuse. One of the most common causes of a herniated disc is heavy lifting. Weightlifters 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 movements, 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.

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.



HINGHAM HIGH SCHOOL CREW TEAM PRESEASON SCREENS

Hingham High School's Boys Crews Team participated in Preseason Injury Prevention Assessments recently. Elliott Physical Therapists looked at their overall strength and balance to address any weaknesses during their training program before it results in an unnecessary injury. Elliott PT Preseason Screens are Covid 19 safe, all of our PTs and support staff are fully vaccinated and we follow all Covid Prevention Protocols. **If you are interested in having your team or athlete preventatively screened reach out to our Office Manager Jenn Byrne to schedule at 781-875-1913 or jenn@elliottphysicaltherapy.com.**

EXERCISE ESSENTIALS

Try this movement to relieve pain.

SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

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PHYSICAL THERAPY

**YOU CAN BE FREE OF YOUR BACK PAIN!
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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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PHYSICAL THERAPY TREATMENT FOR COVID-19

Although many people do not experience severe side effects of the virus and therefore may not need intense rehabilitation, there are plenty who find themselves feeling extremely weak and incapable of maintaining their normal routine during recovery.

Physical therapy at Elliott Physical Therapy can help patients during recovery from COVID-19 through the following types of training and exercise programs:

- Balance and gait training
- Stretching
- Upper and lower body strengthening exercises
- Endurance training
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Aerobic exercise and reconditioning for improved pulmonary health
- Screening for other conditions that could be caused as a result of COVID-19

Your physical therapist will be able to do a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19 and pinpoint the sources of your pain. From there, he or she will devise a special treatment plan with the ultimate goal of getting your health back to normal and optimizing your levels of function.

COVID-19 has indeed wreaked havoc in the world, however, your health matters. Here at Elliott Physical Therapy, our physical therapists strive to restore every one of our patient's normal function and mobility during recovery from COVID-19. Our ultimate goal is to see our patients healthy, strong, and pain-free. Contact our office today to learn more about our recovery programs and physical therapy services.



TRY THIS RECIPE! SPRING CITRUS SMOOTHIE

INGREDIENTS

- 2 1/2 cups pineapple juice
- 2 1/2 cups freshly squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon, plus more for garnish

DIRECTIONS:

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from the freezer and top with orange ice mixture. Garnish each glass with cinnamon and a slice of an orange, if desired.

UNSURE IF TELEHEALTH PHYSICAL THERAPY IS FOR YOU?

FREE TELEHEALTH CONSULTATION

Schedule your FREE telehealth consultation with a physical therapist by calling us and mentioning this coupon!

WE CAN HELP YOU:

- Move without pain
- Sit for long periods comfortably
- Bend and move freely
- Walk for long distances
- Balance confidently and securely
- Live an active & healthy life

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PHYSICAL THERAPY

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