



SEPTEMBER 2023

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

HERNIATED DISC RELIEF: *FROM DISCOMFORT TO EMPOWERMENT*



INSIDE:

- SIGNS AND SYMPTOMS OF A HERNIATED DISC
- PATIENT SUCCESS STORY
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HERNIATED DISC RELIEF: FROM DISCOMFORT TO EMPOWERMENT



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 Atrium 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 Atrium 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.

Contact us today and let us look at how you can conquer your herniated disc issues the natural way.

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
- 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

Continued inside.

Are you suffering from pain? Call 1.575.888.2806

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DISCOVER YOUR PATH TO LASTING COMFORT!

A HOLISTIC PLAN FROM OUR PHYSICAL THERAPIST

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 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 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 Atrium Physical Therapy today to schedule an evaluation.

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



CALL 1.575.888.2806 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO

Try This Healthy Recipe

Arugula, Grape, and Sunflower Seed Salad

INGREDIENTS:

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

INSTRUCTIONS:

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

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Jimena was born and lived in Valparaiso, Chile until she entered undergrad school at the University of Chile in Temuco. She worked in Santiago, Chile as a Physical Therapist for a few years in a variety of settings, including home health for adults and pediatrics. Later she moved to the USA, obtained her Physical Therapy License, and became a Respiratory Therapist. She continued to work

and enjoy a wide variety of settings, working simultaneously in Physical and Respiratory Therapy while living in Dallas, TX. In 2010 she completed her Transitional Clinical Doctorate in Physical Therapy at Northeastern University and continued working in a variety of settings. In 2022 she graduated from a 3 year intensive program of Lay Formation for Christian Service at the Archdiocese of SF, in Albuquerque. Now, besides enjoying the southern scenery, she is passionate about applying all of her learned skills to patient care.

"The staff is very courteous, friendly, and very concerned about the quality of treatments provided"

The treatments received are geared to the issue(s) that are needed to be addressed. The staff is very courteous, friendly, and very concerned about the quality of treatments provided. -Wanda R.

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!



CORE VALUES



HONOR FLIGHT HOMECOMING

Honor Flight of Southern New Mexico and El Paso transports America's World War II, Korean and Vietnam War Veterans to Washington D.C. to visit the memorials built to honor and remember those who served. This trip of a lifetime provides closure, healing, and the welcome home these heroes deserve.

Every Veteran is taken on the flight at no cost to themselves. Oftentimes this is the first time these heroes open up and deal with the pain they have been suffering with for many years. **One quote from one of our Veterans is "I have been in Korea and Vietnam and had spent 64 years trying to get home - I'm home now!"**

Honor Flight is taking its next group to D.C. soon, Sept 28-30, 2023. Please consider welcoming our heroes home at 4:30pm on Sept. 30, 2023 at Memorial Medical Center. Watch the Facebook page for details @ RealHonorFlightOfSouthernNewMexico. You may find more information at www.honorflightnm.org.



HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy to schedule a complimentary 'discovery visit'. We will spend some time with you to determine if physical therapy might be part of your recovery.

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