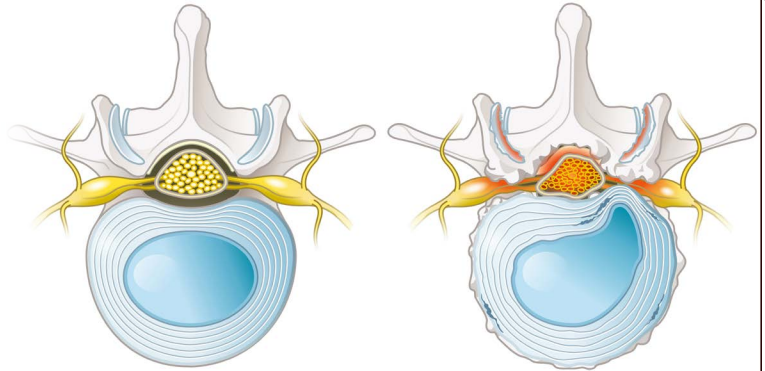




Real Solutions for Back Pain Caused by Herniated Discs



Are you struggling with intense lower back pain? Do you notice straightening up all the way is painful or impossible? Did this pain start after lifting something heavy or twisting your back? If you nodded 'yes' to these questions, you might have a condition known as a herniated disc. Don't worry; there are proven strategies that can help you feel good again!

Herniated discs are not always painful, but they can be excruciating when they are. Due to the severity of pain associated with a herniated disc, people will try to avoid hurting themselves more and avoid activity. Unfortunately, misguided healthcare practitioners still recommend rest or, worse, bed rest, which is why getting proper treatment is essential! At Haymarket Physical Therapy, our team of specialized physical therapists is fully equipped to guide you toward the relief you've been seeking, allowing you to get back to the activities you genuinely love without pain!

Understanding the Nitty-Gritty of a Herniated Disc

To understand what a herniated disc is, it's important first to understand the role of spinal discs. Your discs are like shock absorbers in your spine, absorbing compressive forces and permitting smooth, free movements like bending forward, backward, and rotating.

However, as we age, our discs naturally degenerate, begin to dry out, become more stiff, and weaken, becoming more susceptible to herniation. Think of your discs as being like grapes when you're young and then drying up to be more like raisins as you age.

In addition to age, several variables can elevate your risk of experiencing a herniated disc, including:

- **Smoking:** Cigarettes are thought to reduce the supply of oxygen to the disc, causing it to break down more quickly than it normally would.
- **Occupation:** Those engaged in jobs requiring repetitive motions like lifting, bending, and twisting are also more susceptible.
- **Sedentary Lifestyle:** Long durations of sitting, especially in incorrect postures, contribute to increased risk.
- **Genetics:** Family history may play a role in increasing the risk of developing a herniated disc.

A herniated disc occurs when the soft, gel-like substance in the middle of the disc breaks through the inner aspect of the disc and protrudes out, usually in the back wall of the disc. This bulging out can pinch the nearby spinal nerves, leading to inflammation and excruciating pain that might even radiate down your leg or arm. Even when the disc doesn't affect the nerves, it is infamous for causing sharp and intense pain in the lower back, affecting your ability to move, especially standing upright, and interfering with your overall quality of life. For some, the pain is so unbearable that it hampers even the simplest daily tasks, like sitting, moving, or lying down to sleep. The silver lining? Our skilled physical therapists can teach you how to manage your debilitating pain and provide the tools to return to a pain-free life!

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Effective Solutions for Herniated Disc

At your first visit, one of our experienced physical therapists will perform a comprehensive assessment, including a medical history and physical examination.

Afterward, your physical therapist will design a personalized treatment plan specifically for your unique situation that may include the following:

- **Manual Therapy:** Our physical therapists use passive movement techniques, called mobilizations, to improve the range of motion in the spine, reducing stiffness and pain.
- **Stretching and Mobility Exercises:** Targeted stretches to improve spine mobility and muscle flexibility are often the starting point. As you move better, you'll feel better!
- **Core Strengthening:** Exercises like planks and bridges can help stabilize the spine and help in improving proper techniques when performing movements like squatting or lifting activities.
- **Neural Mobilization:** Our therapists may use neural mobilization or "nerve gliding" exercises to relieve nerve tension, which can reduce the radiating pain commonly associated with herniated discs.



Understanding the condition and its management is crucial. Our experts often educate the patient about body mechanics, lifestyle changes, and long-term exercise strategies to prevent future episodes. We know that your first step to recovery starts with understanding.

Why Wait?

Call Haymarket Physical Therapy today for a comprehensive evaluation and learn the steps you can actively take to recover from a herniated disc and guard against future occurrences. Book your life-changing appointment today!

Meet our Patient of the Month: Devin Hutcheson is celebrating 5 years cancer-free!



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Our Patients Get Results



“I’ve been to Haymarket Physical Therapy for 3 separate conditions and they are AWESOME! My son even went through PT there as well. The staff is very attentive to the patient ensuring that patients are doing the exercises correctly and that they spend the necessary amount of time with each patient. The therapists are extremely knowledgeable and professional. The hours and locations are very convenient. I highly recommend Haymarket Physical Therapy!!” — J.L.

Healthy Recipe

Sushi Bowls



Ingredients:

- 2 c short grain white rice
- 2 c water
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 tsp salt
- 8 oz imitation crab
- 1 carrot
- 1 cucumber
- 1 avocado
- 1 pack nori snack
- 1 tbsp sesame seeds
- 4 tbsp mayonnaise
- 2 tbsp sriracha

Directions: Place the uncooked short grain rice in a medium sauce pot. Rinse the rice well and drain off as much water as possible. Add 2 cups of fresh water, place a lid on the pot, and bring to a boil over high heat. Once boiling, turn the heat down to low and let simmer for 15 minutes. After 15 minutes, turn the heat off and let the rice rest, undisturbed and with the lid in place, for 10 additional minutes. To prepare the sushi rice dressing, combine the rice vinegar, sugar, and salt in a small bowl. Stir until the sugar is dissolved. If needed, microwave for 15-30 seconds to help the sugar dissolve. While the rice is cooking, prepare the toppings. Shred or chop the imitation crab, shred or julienne the carrot, slice the avocado, slice the cucumber, and break the nori snacks into smaller pieces. Stir together the mayonnaise and sriracha in a small bowl. When the rice is finished cooking, sprinkle about 1/4 of the vinegar dressing over the rice, then gently fold or stir the rice to combine. Repeat the process until all of the vinegar dressing has been incorporated into the rice. To build your sushi bowls, place about 1 cup of the seasoned sushi rice in a bowl, then top with crab stick, carrot, cucumber, avocado, a few pieces of nori, a pinch of sesame seeds, and a drizzle of the sriracha mayo.



Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.



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