



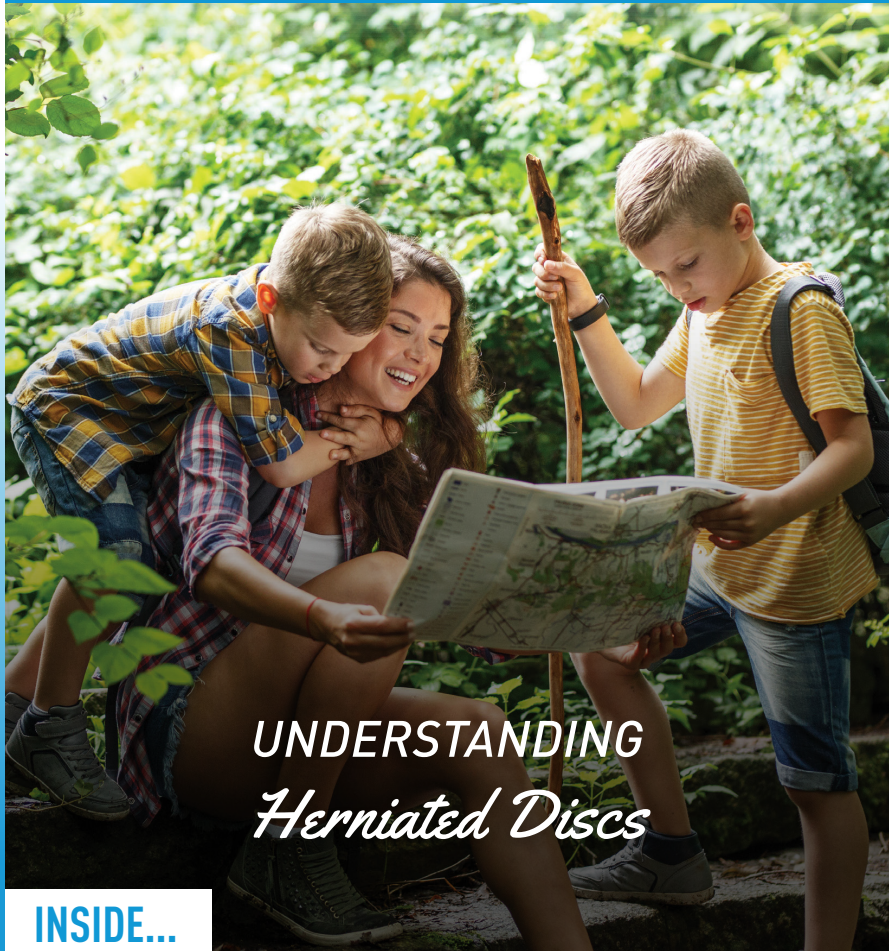
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NEWSLETTER

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AUGUST 2023



UNDERSTANDING *Herniated Discs*

INSIDE...

What Is A
Herniated Disc?

Patient Testimonial

Welcome
Dr. Disha Chaudhari



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UNDERSTANDING *HERNIATED* *DISCS*

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 Recovery Physical Therapy 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 disk include:

- Smoking. It's thought that smoking lessens the oxygen supply to the disk, causing it to break down more quickly.
- Weight. Excess body weight causes extra stress on the disks in your lower back.

Continues inside

Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

- Occupation. People with physically demanding jobs that require repetitive lifting, bending, and twisting also can increase your risk of a herniated disk.
- 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 disk.

TREATMENT FOR HERNIATED DISCS

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



(917) 763-7825

FEEL GREAT WHEREVER YOU ARE!



PATIENT TESTIMONIAL

"They were the only place to properly diagnose and help me heal my injuries, which was a huge relief."

I could not recommend Recovery Physical Therapy more! Before I found Recovery Physical Therapy, I had been having nagging low back and shoulder problems that none of the other physical therapists I had visited could remedy. They were the only place to properly diagnose and help me heal my injuries, which was a huge relief. Not only is the staff extremely knowledgeable and helpful, they are also friendly, sympathetic, and available. They are the best!

-M.R.

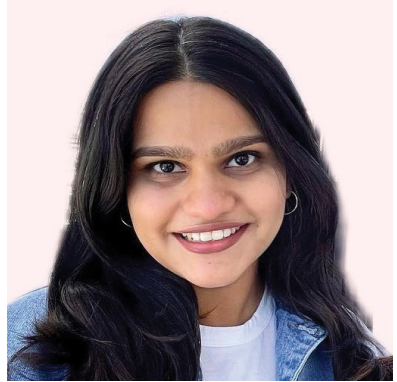
WELCOME DR. DISHA CHAUDHARI



Dr. Disha Chaudhari works at Recovery Physical Therapy's Upper West Side office in New York City. After completing her Bachelor's degree in Physical Therapy from India, she obtained her Doctor of Physical Therapy (DPT) Degree from Loma Linda University, CA. She embarked on her journey as a Physical Therapist in 2019 and has since garnered extensive experience in various healthcare settings, including outpatient clinics, post-operative care, intensive care units, and rehabilitation facilities. Her diverse exposure has equipped her with a comprehensive understanding of different patient needs and the ability to provide tailored treatments for optimal outcomes.

Her passion for movement extends beyond her profession as Disha is also a professionally trained freestyle and Indian Classical 'Kathak' dancer. She finds solace and creative expression in this art form.

With her meticulous and holistic approach to physical therapy, combined with her unwavering commitment to enhancing the lives of her patients, Dr. Disha embodies the essence of an innovative and compassionate healthcare professional.

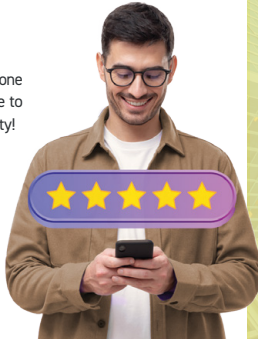


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