

UNDERSTANDING HERNIATED DISC TREATMENT

Contact PhysioPlus Today to Find Out
How Physiotherapy Can Help Relieve
Your Herniated Disc Pain!

ALSO INSIDE



DR. JEFF'S TOP 4 LOCAL BREWERIES



A Holistic Plan For Treating a Herniated Disc

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 PhysioPlus Health Group, you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs.

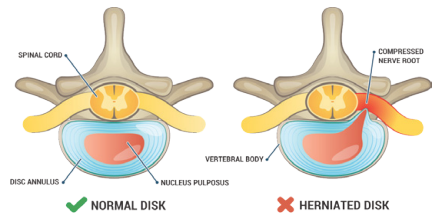
A disc is a soft pad between each of the spine's vertebrae. The disc acts as a spacer, shock absorber and facilitates movement in the spine. A herniated disc occurs when the inner portion of the disc pushes through a crack in the disc's outer wall.

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 PhysioPlus Health Group, 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 as 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

Continued inside.

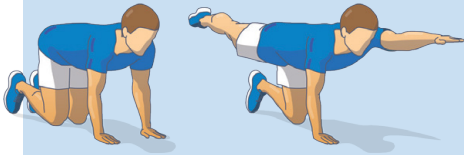
**HAS YOUR BACK PAIN COME BACK?
CALL (647) 484-3345 TODAY!**

www.physioplushealth.com

EXERCISE ESSENTIALS

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



This exercise helps to strengthen back & core.

OUR SPECIAL PROGRAMS

- Back Pain Relief Program
- Hip and Knee Pain Program
- Orthotics and Foot Pain Clinic
- Dizziness Vertigo and Balance Clinic
- Concussion Care
- Fall Prevention
- Pelvic Floor Physiotherapy

Call **(647) 484-3345** to schedule an appointment with us today!

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UNDERSTANDING HERNIATED DISC TREATMENT

Continued from previous page.

- 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

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, 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 to help improve your range of motion and reduce your risks for future neck or back 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.

Are you ready to take non-surgical action against your herniated disc symptoms? If so, contact PhysioPlus Health Group today to schedule an evaluation.

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

(647) 484-3345



Call **(647) 484-3345** to schedule your consultation today!

DON'T LET YOUR INSURANCE GO TO WASTE!



Have you been struggling with aches & pains lately?
Have you had surgery this year? If you answered YES, now's the time to use your health benefits!

Let us help you get a headstart in 2023 before your benefits renew again!

- Physiotherapy
- Chiropractic
- Massage
- Osteopathy
- Orthotics

**Call to book your appointment today!
(647) 484-3345**

Visit our website at www.physioplushealth.com

STAFF SPOTLIGHT



PARI HOSSEINI
CERTIFIED PILATES INSTRUCTOR, BA

Pari has been trained in practical application for functional anatomy and advanced clinical Pilates & Movement protocols for working one-on-one (BA hons).

She has been practicing Pilates for more than 15 years as her major activity she uses for exercise, she has been engaged in Volleyball, TRX, and Boot Camp at various times in her life, she is passionate about physical fitness.

She has more than 7 years diverse experience of conducting private and group Pilates classes to clients of all ages for both fitness and rehabilitation.

She knows that no single approach is the right one for every individual and so she is educating herself to have good eyes as a movement problem solver and to get the clients what they want and what they need to feel pleasant and well!

Call the clinic today to sign up for a Pilates class with Pari!

SPECIAL OFFER FOR YOU!

Do you want to try something new to help with your aches and pains or help you move better?

How about Pilates!

Maybe you've heard about it but don't really know about how beneficial it can be for you. Well, now's your chance to find out!

This month of December, we're offering a **FREE 30-minute Pilates session** to any of our PhysioPlus patients who would be interested in trying Pilates for the first time!

Don't miss this wonderful opportunity!

Call (647) 484-3345 today to schedule your appointment!



Or scan the QR code to visit our Book an Appointment Page.

STIFF KNEES & HIPS? ARTHRITIS PAIN?

Join our **NEW 6-Week Education and Exercise Program**



Participants Taking the GLA:D Program Report

- Less Pain
- Reduced Use of Pain Killers
- Less Sick Leave
- Able To Be More Active

Also Included In The Program

- Learn the right way to move to reduce your pain
- Strategies to manage and reduce pain
- Inflammatory education
- Knee bracing options for arthritis
- Options for hands-on treatment that help arthritis
- Nutritional & Supplement counselling options

GLA:D™ Canada Is For Everyone with Symptoms of Hip and Knee Arthritis!

SPOTS ARE LIMITED... **Register today!**

email: help@physioplushealth.com

call: (647)484-3345

Or... Scan the QR Code for more details



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**PATIENT GRADUATION!
CONGRATS EVELYN**



VIRTUAL PHYSIOTHERAPY

- Get treatment in the comfort of your own home or office
- Avoid long travel times, traffic and waiting rooms
- Reduce your time away from work
- If you are having difficulty with mobility, it means less discomfort by eliminating travel
- Access specialized treatment that may not be offered in your community
- Save the cost of parking
- Save the cost and avoid the challenge of arranging child care

With our Virtual Physiotherapy program you'll be connected with one of our experienced physiotherapists through a secure video conference. Call today and see if Virtual is right for you!



Dr. Jeff's TOP 4 LOCAL BREWERIES



Our neighbourhood and surrounding area has one of the best collections of independent breweries in the city! Dr. Jeff likes to support local small businesses and he enjoys going to some of these breweries with family and friends. Be sure to check them out and always enjoy in moderation!

1. Rainhard Brewing Company

Dr. Jeff's favourite beers in the area. The indoor seating is very nice; lots of space for a big group.

2. Great Lakes Brewery

A brewery where value meets quality. Some of the best priced craft beers with great taste in the city.

3. Bandit Brewery

A very popular spot, has a nice outdoor patio for the summer months. Be sure to check Bandit out in the evening as the lighting/atmosphere is excellent. A nice spot for date-night if you both are beer drinkers.

4. Indie Ale House

A brewery and gastro-pub. The food is delicious and it's a great spot for a happy-hour beer while the kids have some dinner.

Almost always craft breweries are family friendly and pet friendly. They can be a fun spot to spend some time and support people working in the neighbourhoods!

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