



WWW.MEDREHABGROUP.COM

Understanding Herniated Discs

MedRehabGroup 
PHYSIOTHERAPY

INSIDE

Treatment for Herniated Discs
A Message From Our President
Summer Word Search!



Understanding 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 physiotherapist. A herniated disc will not heal on its own, and working with a physiotherapist is one of the best ways to experience relief from the pain associated with this common concern.

Come back in for physiotherapy!
Give us a call at (888) 409-4058 or visit
www.medrehabgroup.com



1. **Feel free to call us and ask to speak to your physiotherapist.**



2. **Your physiotherapist will tell you the possible causes of your pain as well as precautions you can take at home.**



3. **If further assessment is warranted, your physiotherapist might recommend you come in for an appointment.**

**Call MedRehabGroup
Physiotherapy
to schedule your
appointment today!**

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 movement, 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.

Physiotherapy 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 experienced a herniated disc, please contact us to set up a free discovery visit right away! Here at MedRehab Group we have developed an exceptional program to help patients suffering from these issues. Gentle manual therapy can help align your body and reduce pain associated with this common concern. In addition, a series of simple, effective stretches will be taught, providing a way to experience relief when you are home.

Has your pain come back? We want to help!
Give us a call at (888) 409-4058 or visit
www.medrehabgroup.com

A Message From Our President

The physiotherapy treatment you receive is not only important but will determine your level of recovery. A good action plan for your treatment focuses on fixing the deep rooted problem of your condition rather than just reducing your pain symptoms. Ensure that your therapist gives you a treatment protocol that will allow you to fully recover from your current condition and that the pain will not appear again in a few short weeks. Ask what the course of treatment will be and how long it will take beyond not feeling pain. Make sure your therapist provides you a home program regiment that you can do independently after your treatment is completed in order to avoid re-aggravation. Take charge in your own recovery and partner with your therapist to achieve your pain-free goals. Once you are aware of what action you need to take and what the process will be you will find success and get back on track on living a normal functioning life. Remember to focus on positive results and better days ahead.

Frank Giambagno



Attention Teachers! Take care of yourself after this long school year. Use your benefits before they restart in September!

Even if you aren't a teacher, if you have benefits that restart in September, don't wait! Come in to take care of that ache or pain today and take advantage of your benefits!

ATTENTION ALL TEACHERS!

We know its been a long year of school and virtual teaching! We want you to enjoy your summer as much as you can. Come in for some physiotherapy and receive a **free biofreeze on us!** We all know how fast the summer comes and goes, which means your benefits will be ending soon! Act now and let us give back to you, before its too late!

Summer Word Search!

S F L I P F L O P S I S L E P
 S U N S C R E E N A N U O S I
 A U N G U E S T H D O N V W C
 B N E G J O C E A N F S S I N
 A P O O L J U R Y S U H O M I
 R U G U S A T A E U N I H S C
 B M G C R E S A M A S N I U S
 E E N U F O N S U M M E R I P
 C M A A S T O H E T H I N T R
 U V A C A T I O N S R H L A I
 E R O B I L K R X J O I O U N
 I I N S E F I T S F U N P T K
 C A R E L A X S U L Y L O L L
 E J U N E A C F A M I L Y S E
 I C E P O P A H O T S R E L R

AUGUST
 BARBECUE
 BEACH
 FAMILY
 FLIP FLOPS
 FUN
 HOT
 ICE CREAM

ICE POP
 JULY
 JUNE
 OCEAN
 PICNIC
 POOL
 RELAX
 SHORTS

SPRINKLER
 SUMMER
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SWIMSUIT
 VACATION



Strawberry & Banana Popsicles

- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

Staff Spotlight

Rhoda Pineda | PT



Rhoda has been practicing Physiotherapy with her patients since 1997. Rhoda joined Medrehab Group in January 2017 and has been providing successful treatment to her clientele. Rhoda takes her time to fully integrate a comprehensive treatment protocol while educating her patients with preventative steps in order to avoid any re-aggravation of injuries. Rhoda continues to have a waiting list of patients because of her outcome based treatment. With her current skill set and her continuing education to upgrade the latest treatment methods holds her in high regard in the Pickering community.

*Offering eight different locations
 for your convenience:*

Brampton
 East Hamilton
 Georgetown
 North York | Finch

Pickering
 Richmond Hill
 Toronto | St. Clair
 Woodbridge

Come Back In For Physiotherapy!

Call (888) 409-4058 or visit
www.MedRehabGroup.com to schedule
 your appointment today!

