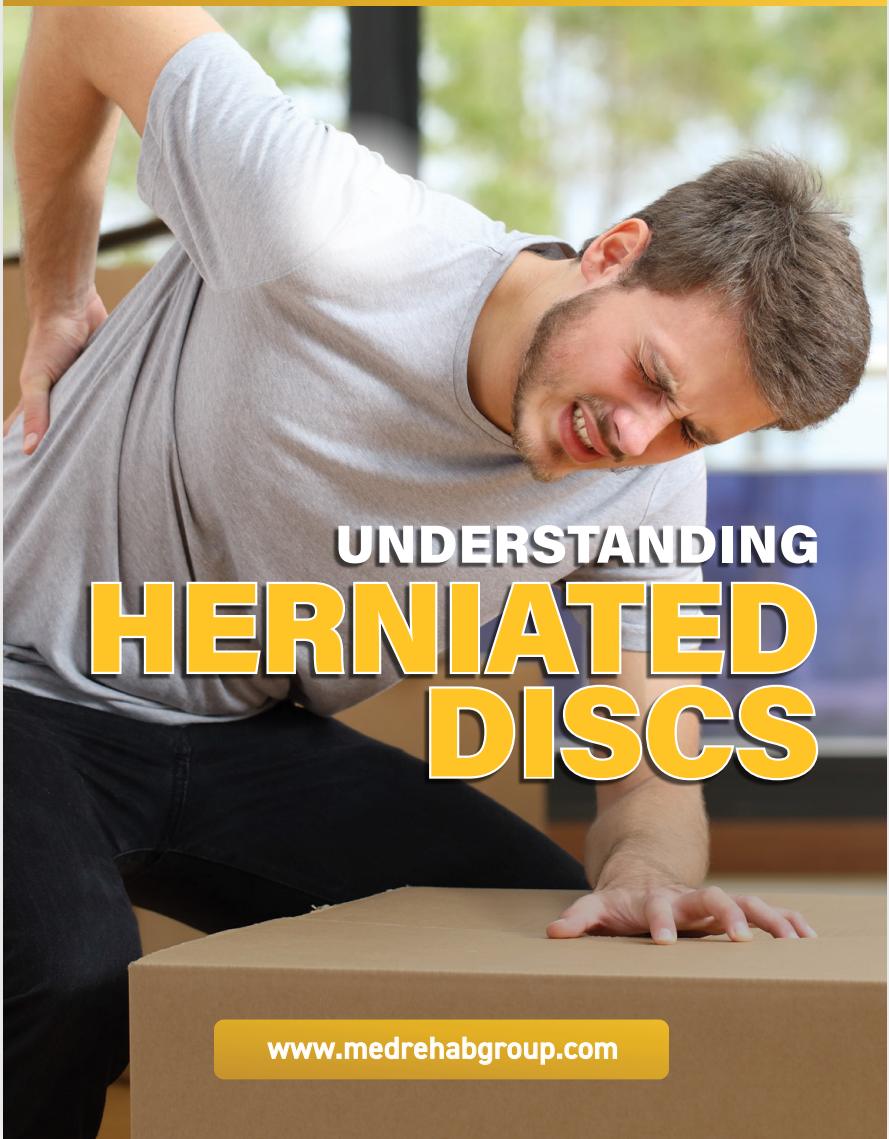




MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



UNDERSTANDING **HERNIATED DISCS**

www.medrehabgroup.com



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

MEET OUR WOODBRIDGE
CLINIC DIRECTOR
JACQUELIN ROTELLA



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.

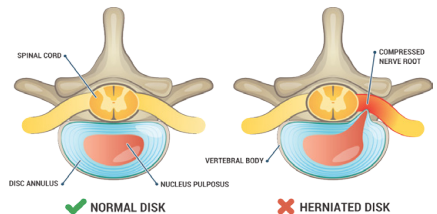
Call MedRehab Group Physiotherapy today to make an appointment. With guidance from our physiotherapists, you can find solutions to your pain and get back to living the life you enjoy!

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.

(Continued On Next Page)



Scan the QR Code to visit our website to
schedule your next appointment today!
Call Us Today! | medrehabgroup.com

www.medrehabgroup.com

Understanding Herniated Discs



MedRehabGroup
PHYSIOTHERAPY

(Continued from previous Page)

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 disc include:

- **Smoking.** It's thought that smoking lessens the oxygen supply to the disc, causing it to break down more quickly.
- **Occupation.** People with physically demanding jobs that require repetitive lifting, bending, and twisting also can increase your risk of a herniated disc.
- **Weight.** Excess body weight causes extra stress on the discs in your lower back.
- **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 disc.

TREATMENT FOR HERNIATED DISCS

If you suspect that you may have a herniated disc, contact a physiotherapist 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 physiotherapist 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 physiotherapist can help you identify modifications to painful tasks and help you be safe and active.

Therapeutic interventions — A physiotherapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Manual therapy techniques for pain relief and improved mobility
- Strength exercises
- Proper stretches exercises
- Electrical stimulation for pain relief

Physiotherapy 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 MedRehab Group Physiotherapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.



Scan the QR Code to visit our website to schedule your next appointment today!

Call Us Today! | medrehabgroup.com



Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

By referring a friend, they will thank you and so will we!

Brampton
289.804.1726

East Hamilton
289.206.7247

North York | Finch
289.512.0803

Richmond Hill
289.276.5195

Vaughan
905.265.8966

Concord
905.798.1165

Georgetown
289.804.8457

Pickering
289.207.6316

Toronto | St. Clair
289.205.0379

Woodbridge
289.278.6709



www.medrehabgroup.com

Meet Our New Woorbridge Clinic Director: Jacquelin Rotella



Discover the expertise of our Clinic Director, Jacqui, and a seasoned Registered Physiotherapist with over 13 years of experience. Armed with advanced techniques like the McKenzie and Mulligan methods, Acupuncture, and Manual Therapy, Jacqui offers a broad spectrum of specialized care.

From post-operative cases including hip, knee, and shoulder replacements, to addressing sports injuries, neurological conditions (MS, Parkinson's), and arthritic concerns (OA, RA), Jacqui's skill set covers diverse needs. Her holistic approach embraces conditions like mechanical pain, tendinopathy, patellofemoral syndrome, and plantar fasciitis.

What sets Jacqui apart is her commitment to patient empowerment. She believes informed patients achieve the best outcomes. Her tailored treatment plans encompass therapeutic exercises, manual techniques, education, and suitable modalities. Notably, she excels in pelvic floor rehabilitation, aiding those with urinary incontinence, pelvic organ prolapsed, and prenatal/postnatal pelvic discomfort.

Jacqui's patient-centric ethos shines through in her dedication to quality care. Her passion for aiding patients in reclaiming health and mobility is evident at every turn. As the Clinic Director of our Woodbridge location, Jacqui's presence elevates our team's capabilities.

Ready to take charge of your recovery journey? Benefit from Jacqui's expertise by booking an appointment today. Experience firsthand the transformative impact of a dedicated and compassionate Clinic Director.

Welcome Jacqui to our Woodbridge clinic and take the initial stride towards optimal well-being.

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Our Patients Get Great Results!



"All of the five star reviews are well deserved. I choose MedRehab due to the Google reviews and their closeness to my home. I am pleased to have done so! The exceptional staff are friendly and conscientious. From the initial consultation through the progress of my therapy, I have always felt that I am well cared for. I would highly recommend MedRehab to my family and friends."

— David, 5-Star Google Review
Stony Creek Clinic

Our New Location In Concord Is NOW OPEN!

80 Bass Pro Mills Dr., Unit 12,
Concord, ON, L4K 5W9

905.798.1165

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, please call in to ask for other options.

Call Today!



MedRehabGroup
PHYSIOTHERAPY

www.medrehabgroup.com