



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



KEEPING SPINAL STENOSIS OF THE LOW BACK AT BAY

SugarLandPT.com

INSIDE: Keeping Spinal Stenosis of the Low Back at Bay • Why Does Physical Therapy Work? • Harvest Steak Salad • Have You Met Your Insurance Deductible?





NEWSLETTER

Your #1 Resource for Greater Health and Wellness



KEEPING SPINAL STENOSIS OF THE LOW BACK AT BAY

CHECK OUT OUR MONTHLY VIRTUAL WORKSHOPS!

Are you interested in joining us for a virtual workshop? We offer two free workshops each month. Please visit our website below for upcoming dates and to register. We can't wait to help you get back to moving again!

www.sugarlandpt.com/workshop



WATCH OUR MOST RECENT WORKSHOP AT:

fb.com/pg/firstcolonyaquaticandrehabcenter/videos

At First Colony Aquatic and Rehabilitation Center, we are experts in treating back pain associated with spinal stenosis. With our natural and safe methods, we relieve your pain, strengthen your body, and get you moving again. Read more to discover the details on how we can help you.

What is Spinal Stenosis?

Most commonly occurring in the neck and the lower back, spinal stenosis is the official term for when the openings between the spine's vertebrae become too narrow. For patients with lumbar (lower back) stenosis, the resulting pressure on the spinal cord or the related nerves results in pain and limited range of motion.

In addition, lumbar spinal stenosis sufferers can experience some form of tingling and weakness in their legs, and lower back. Often, walking for more than a short distance, or standing for extended periods, becomes almost impossible. Depending on where the pressure points occur, bowel and bladder problems may even become an issue.

What Causes Lower Back Spinal Stenosis?

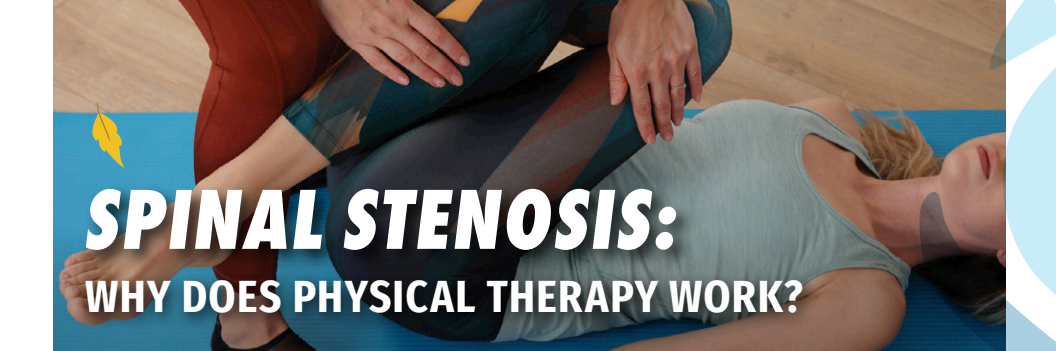
Basic aging is a common, underlying factor for people who develop the narrowing of the openings between their vertebrae. Discs can wear away and flatten with age, leading to a smaller gap through which nerves can pass. In addition, bone spurs that form as a result of osteoarthritis may cause narrowing of the spine. In either case, these age-related disorders put pressure on the spinal nerve.

It is possible for younger adults to also experience spinal stenosis. Poor posture, or certain injuries can lead to the narrowing of the openings for the nerves, as can disorders affecting joints above or below stenosis areas.

How Physical Therapy Can Help Spinal Stenosis

Unless you have an extremely advanced form of spinal stenosis, your doctor will likely recommend a more conservative approach. Physical therapy is the physician preferred treatment for spinal stenosis. It improves your ability to walk and perform other daily movements -- and, most importantly, to eliminate the pain you feel when undertaking those movements.

Learn more by visiting sugarlandpt.com or call to schedule your appointment today!



SPINAL STENOSIS: WHY DOES PHYSICAL THERAPY WORK?

PT is effective because it provides a multi-dimensional approach to spinal stenosis, addressing both the causes and the effects of the disorder. Flexibility, postural support, and strength-building measures are built into the physical therapy treatment plan for this disorder.

PT uses both joint mobilization and stretching to increase mobility in all of your spinal joints. These flexibility-enhancers allow all of your joints to work at full capacity. Areas affected will feel pressure relieved. You'll also find it less painful to stand, walk, and bend after building up strength in your hips. Pelvic support for the base of your spine is also stabilized. Strengthening your abs and other muscles in your core will provide better spinal support and stabilization.

Studies show that in many cases, physical therapy for spinal stenosis can prevent the need for surgery altogether. If used as a first-choice option, it is effective as a pain management tool and helps identify activities to avoid that may be making the symptoms worse.

Sources: www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=5e4daaa0-cb21-4eee-8484-e728617397aa • www.apta.org/PTinMotion/News/2015/4/7/StenosisPTvsSurgery • www.ncbi.nlm.nih.gov/pubmed/25844995

Avoiding Surgery

A 2015 study published in the Annals of Internal Medicine followed two groups of patients with lumbar spinal stenosis -- one group which had opted for surgery, and one which had gone to physical therapy as the main course of treatment -- and found that both groups had similar success rates.

If you're coping with spinal stenosis and concerned about which course of treatment to undertake, call us today to arrange a consultation. We'll work with your doctors to ensure that your treatment is the right fit for you.

Contact us today (Sugar Land: 281-325-0188, Rosenberg: 281-239-3838) to schedule an appointment. We can help treat your spinal stenosis whether you're undertaking physical therapy as a first-course option, or as a way to ease the recovery process following spinal stenosis surgery.

SUCCESS STORIES

What Our Patients Have to Say



“ *The First Colony Aquatic and Rehabilitation facility is a first class operation that is clean and well organized. The staff is caring but most importantly, knowledgeable. After evaluation, they put together a program that addresses the area of the body*

that needs attention. My physical therapist, Megan, worked on strengthening the muscles that support knee health for increased mobility and mobility without pain. Upon completion of the program, there are many exercises I learned that I can continue with at home for continued success. I highly recommend this wonderful facility to anyone that needs pain management from injuries, arthritis, or relief from the numerous other issues that they treat.” - S. P.



HARVEST STEAK SALAD WITH APPLE CIDER VINAIGRETTE

- 4 cups of kale, small pieces
 - 1 1/2 cups halved Brussels sprouts
 - 1 cup diced sweet potatoes
 - 1 Tbsp olive oil
 - 1 Tbsp of grape seed oil
 - 10 oz. ribeye steak
 - salt & pepper to season
 - 1/4 cup crumbled feta
 - 1/2 cup raw pecans
 - 1/2 of a honey crisp apple, sliced
 - 1/4 cup unsweetened dry cranberries
- Apple Vinaigrette:**
- 1 garlic clove, minced
 - 1 Tbsp dijon mustard
 - 1 Tbsp maple syrup
 - 2 Tbsp apple cider vinegar
 - 1/4 tsp red pepper flakes
 - salt & pepper to season
 - 2 Tbsp olive oil

Preheat oven to 400°. Add Brussels sprouts and sweet potatoes to a baking sheet. Drizzle with 1 Tbsp of olive oil, season with salt and pepper, and toss. Bake for 20 min. Add small pieces of kale and a pinch of salt to a large bowl. Massage the kale leaves (to become tender and less fibrous tasting) for about 2-3 min. Set aside. Generously season both sides of ribeye with salt and pepper. Heat a skillet to medium high heat and add grape seed oil and the ribeye. Sear each side for 4-5 min. Remove from heat and let sit for 2-3 min, then thinly slice. Whisk together garlic, dijon mustard, maple syrup, apple cider vinegar, red pepper flakes, salt, and pepper in a bowl. Slowly pour olive oil into the vinegar mixture, whisking until the dressing is emulsified (the vinegar and oil no longer separate). Add kale, roasted vegetables, crumbled feta, pecans, sliced apples and sliced ribeye to a large bowl. Serve with dressing.

www.joyfulhealthyeats.com/harvest-steak-salad-with-apple-cider-vinaigrette/

WORKOUTS TO DO FROM HOME

Watch our videos at: youtube.com/user/aquaticrehabcenter

PRONE HIP EXTENSION



Use This Exercise to Strengthen Your Hamstrings and Glutes

Lie on your stomach with your legs straight and toes pulled toward you. Rest your head on your arms. Raise your left leg about 4 inches off of the floor. Keep the left knee straight. Hold for 5 seconds. Slowly lower your leg back down. Perform 3 sets of 10 repetitions with each leg. This exercise can be progressed with a gradual increase of repetitions or by adding an ankle weight.

LAT PULL DOWNS | TO CHIN



Use This Exercise to Strengthen Your Shoulders and Back Muscles

Sit with good posture. Grip the bar slightly wider than shoulder-width, with your palms facing forward. Pull the bar down just below your chin. Relax back to start position, straightening arms.

Exercises copyright of
 SimpleSet Pro

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



Did you know... One of the most important things you should do if you have spinal stenosis is to engage in a regular exercise program. Through our advanced treatment methods, our physical therapists can help you restore more natural movement to your spinal joints, improve your flexibility to increase joint fluid circulation, improve your spinal muscle strength, and educate you on correct posture and prevention techniques.

Essentially, we can help you do more, with less pain. In fact, our patients often report significant reduction in pain and improvement in daily activities after just a few short weeks of treatment. If you have been living with pain from spinal stenosis and you're looking for relief, contact us today. By treating your pain early through spinal manipulation, we can help manage it so it doesn't worsen. Don't live with the limits of your pain – relieve your pain and improve your spine health with us today!



STAFF SPOTLIGHT: KAITLYN VILLARREAL, PTA

Kaitlyn was born and raised in College Station, TX. She earned her Psychology degree from Texas A&M in 2011. Kaitlyn joined the First Colony team in 2016 after getting her PTA degree from Blinn College. She fell in love with the clinic during her clinical rotation as a student and knew she could not pass up an opportunity to work here! She has spent most of her career learning about various specialties with a focus on sports rehabilitation.

Kaitlyn was recently married and is celebrating her 1 year anniversary this month! She is convinced if her first year of marriage can survive a year like 2020, her marriage is destined to last a lifetime. In her free time, you can find Kaitlyn mountain biking, working out, restoring furniture, or spending time with her two adorable nieces.

HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses.



The cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

**Now's the time to come in for PT!
Call us to schedule your appointment today
and get a head start on 2021.**