



REAL SOLUTIONS FOR BACK PAIN CAUSED BY HERNIATED DISCS

Are you struggling with intense lower back pain? Do you notice straightening up all the way is painful or impossible? Did this pain start after lifting something heavy or twisting your back? If you nodded 'yes' to these questions, you might have a condition known as a herniated disc. Don't worry; there are proven strategies that can help you feel good again!

Herniated discs are not always painful, but they can be excruciating when they are. Due to the severity of pain associated with a herniated disc, people will try to avoid hurting themselves more and avoid activity. Unfortunately, misguided healthcare practitioners still recommend rest or, worse, bed rest, which is why getting proper treatment is essential!

At PacificPro Physical Therapy & Sports Medicine, our team of specialized physical therapists is fully equipped to guide you toward the relief you've been seeking, allowing you to get back to the activities you genuinely love without pain!

Understanding the Nitty-Gritty of a Herniated Disc

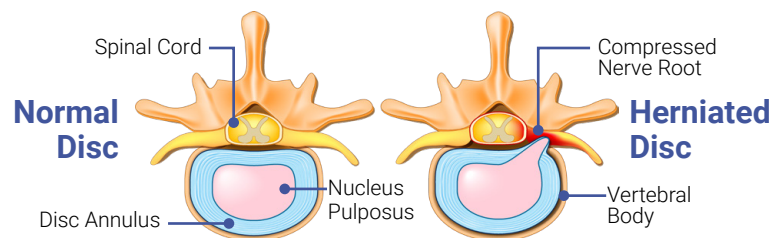
To understand what a herniated disc is, it's important first to understand the role of spinal discs. Your discs are like shock absorbers in your spine, absorbing compressive forces and permitting smooth, free movements like bending forward, backward, and rotating.

However, as we age, our discs naturally degenerate, begin to dry out, become more stiff, and weaken, becoming more susceptible to herniation. Think of your discs as being like grapes when you're young and then drying up to be more like raisins as you age.

In addition to age, several variables can elevate your risk of experiencing a herniated disc, including:

- **Smoking:** Cigarettes are thought to reduce the supply of oxygen to the disc, causing it to break down more quickly than it normally would.
- **Occupation:** Those engaged in jobs requiring repetitive motions like lifting, bending, and twisting are also more susceptible.
- **Sedentary Lifestyle:** Long durations of sitting, especially in incorrect postures, contribute to increased risk.
- **Genetics:** Family history may play a role in increasing the risk of developing a herniated disc.

A herniated disc occurs when the soft, gel-like substance in the middle of the disc breaks through the inner aspect of the disc and protrudes out, usually in the back wall of the disc. This bulging out can pinch the nearby spinal nerves, leading to inflammation and excruciating pain that might even radiate down your leg or arm.



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NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.



IMMUNITY-BOOSTING VITAMIN BURST SMOOTHIE

Ingredients

- 1 cup fresh orange juice
- 1/2 cup mango
- 1/2 cup milk (coconut, almond, or substitute)
- 1/2 cup pineapple
- 1 tsp freshly minced ginger
- 1/2 cup frozen strawberries
- 1-2 tsp raw honey

Directions: Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy. Bursting with healing Vitamin C, this hydrating smoothie will increase the infection-fighting ability of your immune system.

fountainavenuekitchen.com/recipe/immunity-boosting-smoothie

EXERCISE TO TRY AT HOME

This exercise can help realign the discs.

PRONE ON ELBOWS

Start by lying flat on your stomach with your elbows bent and your hands by your shoulders. Slowly bring your forearms to the ground in front of you to raise your torso up. Make sure to keep your legs flat on the floor. Repeat as directed by your provider.



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Even when the disc doesn't affect the nerves, it is infamous for causing sharp and intense pain in the lower back, affecting your ability to move, especially standing upright, and interfering with your overall quality of life. For some, the pain is so unbearable that it hampers even the simplest daily tasks, like sitting, moving, or lying down to sleep.

The silver lining? Our skilled physical therapists can teach you how to manage your debilitating pain and provide the tools to return to a pain-free life!

Effective Solutions for Herniated Disc

At your first visit, one of our experienced physical therapists will perform a comprehensive assessment, including a medical history and physical examination. Afterward, your physical therapist will design a personalized treatment plan specifically for your unique situation that may include the following:

- **Manual Therapy:** Our physical therapists use passive movement techniques, called mobilizations, to improve the range of motion in the spine, reducing stiffness and pain.
- **Stretching and Mobility Exercises:** Targeted stretches to improve spine mobility and muscle flexibility are often the starting point. As you move better, you'll feel better!
- **Core Strengthening:** Exercises like planks and bridges can help stabilize the spine and help in improving proper techniques when performing movements like squatting or lifting activities.
- **Neural Mobilization:** Our therapists may use neural mobilization or "nerve gliding" exercises to relieve nerve tension, which can reduce the radiating pain commonly associated with herniated discs.

Understanding the condition and its management is crucial. Our experts often educate the patient about body mechanics, lifestyle changes, and long-term exercise strategies to prevent future episodes. We know that your first step to recovery starts with understanding.

Why Wait?

Call PacificPro Physical Therapy & Sports Medicine today for a comprehensive evaluation and learn the steps you can actively take to recover from a herniated disc and guard against future occurrences. Book your life-changing appointment today!



pacificpropt.com

Request an Appointment



Unconventional Yet Highly Effective Tips to Help Your Back Pain

Back pain is one of the most common ailments affecting adults worldwide. While there are various conventional treatments and strategies for dealing with back pain, prevention remains the best approach. Here are a few uncommon yet highly effective tips for preventing back pain that you can try at home.

Diaphragmatic Breathing

Diaphragmatic breathing is not just for Yoga enthusiasts. This breathing technique engages your diaphragm, reduces your heart rate, and helps in relaxation. Surprisingly, it also helps in stabilizing your core. A strong core can better support your back, preventing back pain.

How to do it:

- Lie on your back with your knees bent. Place one hand on your chest and another on your abdomen.
- Inhale deeply through your nose, allowing only your abdomen to rise.
- Exhale through your mouth, engaging your core muscles.
- Practice this for 5-10 minutes daily.

Dynamic Sitting

Sitting for prolonged periods is a leading cause of back pain. Dynamic sitting encourages movement even while seated, making your core muscles work in maintaining posture.

How to do it:

- Choose a chair that allows freedom of movement. Swivel chairs are a good choice.
- Shift your weight periodically and tilt your pelvis by moving your belly button forward, and then tilt your pelvis back, allowing your lower back to "slouch" slightly backward.
- Engage your core muscles intermittently while sitting using the same diaphragmatic breathing mentioned above.

Visualization Techniques

Believe it or not, the mind plays a significant role in perceiving pain. Visualization techniques can not only help in relaxing tense muscles but can also mentally train you to handle pain better.

How to do it:

- Close your eyes and imagine a serene environment.
- Visualize the tension in your back being replaced by relaxed, calm muscles.
- Pair this visualization with deep breathing for better results.

By incorporating these unconventional strategies into your daily routine, you can help prevent the onset of back pain. Always consult our PacificPro Physical Therapy & Sports Medicine providers before starting any new exercise to ensure it's appropriate for you.

[Request an Appointment](#)



Patient Success



"Best physical therapy I have ever received!"

"Best physical therapy I have ever received! They are attentive and hands on with every step of therapy and sincerely involved with follow up care at home. Most PT offices have you come in and do the work on your own which I have always disliked and thus never completed physical therapy, but here you benefit from the exercises being interactive and the manual therapy provided by each PT which has led me to requesting additional PT because for the first time I experienced true physical therapy with a knowledgeable team and results that I'm able to feel and build on. Thank you PacificPro and Mason for your healing and expertise! 10/10 would recommend."

—Robin R., *Murfreesboro clinic*

[Share Your Success Story](#)

Thank you!

Are You In Pain? COME BACK TO PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

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