Anatomy Physiotherapy Clinic

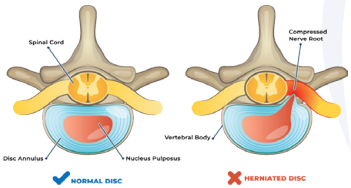
NEWSLETTER



Conquer Your Herniated Disc Issues The Natural Way!

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 Anatomy Physiotherapy, 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 Anatomy Physiotherapy, 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 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.

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- *And More!*

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CONQUER YOUR HERNIATED DISC ISSUES THE NATURAL WAY!

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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
- 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 position
- 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 Physiotherapist

Physiotherapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain or nerve problems. Your physiotherapist 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 physiotherapy 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 in the tissues surrounding your spine. Physiotherapy exercises like core exercises help you build strength and stability in your lower back, thus reducing your pain and improving your function. Mobility exercises will 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.

Call Today To Make An Appointment

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

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

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Patient Success Spotlight

"I felt relief the same day and was able to function normally."



"I saw Andrew Dings first in 2018. I was pregnant and had severe back issues. I had tried massage, chiropractic treatment, medication, acupuncture, stretching, etc. and nothing worked. I was literally in tears every night from the pain. My obstetrician suggested physio and I lucked out and got Andrew when I called for an appointment. I had been walking around with an ice pack on my back and was going to go on sick leave, as I couldn't deal with the pain at work. At the first appointment, Andrew was able to accurately diagnose the problem and provide treatment. I felt relief the same day and was able to function normally. I continued to see Andrew for a couple of sessions, even after having the baby, he gave me exercises to do that would strengthen the problem area. I later found out that people call him the miracle man and I can completely understand why!!

Fast forward to 2020, and I just had my 3rd child. The same pain returned and I was in tears again and not sleeping. Andrew was again able to treat the issue quickly, providing me relief the same day. In addition, he and Kamil were very accommodating with me and the baby, ensuring we had everything we needed and were comfortable during the treatment session.

I would highly recommend Andrew to anyone looking for a physiotherapist. Amazing results! Thank you Andrew!!"

– Sharlene G.

STAFF SPOTLIGHT



Kamil Dlugosz

Registered Physiotherapist

Kamil's background is grounded in personal training and high-performance fitness testing. During his five years working in the Human Performance Laboratory, Kamil worked with first responders, professional athletes from the Toronto Maple Leafs, and prospects from the National Hockey League Draft Combine. He has also worked with professional athletes from Skate Canada and the National Ballet.

Over the years, Kamil has integrated these experiences into a treatment approach that prioritizes active participation in the rehabilitation process, while encouraging patients to learn about their injury and various management options. Along the way, Kamil utilizes a combination of Functional Dry Needling, Manual Therapy, acupuncture and exercise therapy to address dysfunction within the neuromuscular and skeletal systems. Kamil enjoys working with people of all ages and fitness levels. He looks forward to working with you to help achieve your physical therapy and fitness goals!

Kamil has worked as a physiotherapist for ten years. He graduated from the University of Toronto with a Master's of Science in Physical Therapy in 2010. He previously completed an undergraduate degree in Kinesiology at York University as well as the Exercise Physiologist designation through the Canadian Society of Exercise Physiology.

Having been involved in martial arts for more than 20 years, Kamil still pursues his passion of training in Brazilian Jiu Jitsu and competing at the provincial level. He is also an avid cyclist and enjoys hiking and exploring the outdoors with his young son.

HEALTHY RECIPE



AVOCADO DEVILED EGGS

INGREDIENTS:

- 6 hard-boiled eggs
- 1 avocado, peeled and pitted
- 1 lime, juiced
- 2 tbsp red onion, finely chopped
- 2 tbsp cilantro, finely chopped
- 1 tsp garlic powder
- Salt and pepper, to taste

A new twist on an old favorite!



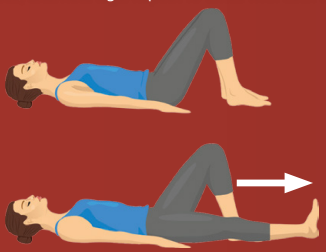
DIRECTIONS: Cut the hard boiled eggs in half and scoop out the yellow egg yolk to a mixing bowl. Place the hard boiled egg white halves on a serving platter. To the mixing bowl of egg yolks, add the avocado, lime juice, red onion, cilantro, garlic powder, salt and pepper. Use a fork and mash all of the ingredients together until nice and creamy. Scoop the mixture with a spoon and dollop it back into the egg white halves. Alternatively, you could use a piping bag to pipe the avocado egg mixture into the egg white halves. Garnish with extra red onion and cilantro, then serve and enjoy!

Source: https://downshiftology.com/recipes/avocado-deviled-eggs/

Exercise Essentials

DOUBLE KNEE TO CHEST STRETCH

Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.



This exercise helps relieve lower back pain.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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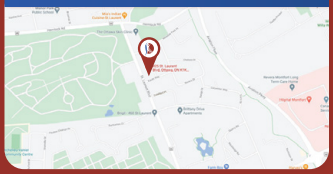
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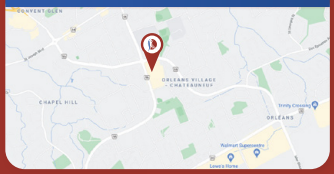
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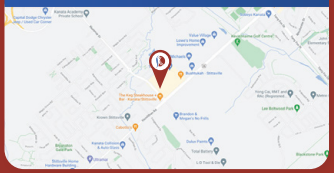
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3 Convenient Locations To Serve You!

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Call us to schedule an appointment today!

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