



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

**N E W S L E T T E R**

**SEPTEMBER 2021**



*Dr. James Cassell, PT, DPT - One of our ProClinix Physical Therapists using McKenzie Method to centralize low back pain after a herniated disc injury.*

# **FIND RELIEF FOR YOUR HERNIATED DISCS**

**ALSO INSIDE**

*Comprehensive Treatment For Herniated Discs • Flexion Distraction Therapy – A Spinal Rehab Technique Explained • Staff Spotlight*



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# NEWSLETTER

SEPTEMBER 2021

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

### HOW DOES THIS HAPPEN?

The vertebrae in the spine are stacked closely together, with only a small amount of space for the discs in between each bone. A disc can become herniated as a result of injury, car accident, or even simply from overuse. One of the most common causes of a herniated disc is heavy lifting. Weight lifters have to be especially wary not to suddenly lift something too heavy, otherwise risk experiencing a slipped disc. But experienced gym-goers are not the only ones at risk. Every time you attempt to move a piece of furniture, a heavy box, or even a big bag of books you need to be wary to lift correctly, otherwise face the risk of potentially herniating a disc in your back.

***ProClinix uses an integrated approach to treat herniated discs. Don't live in pain —call (914) 202-0700 to make an appointment today!***

**ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**

# COMPREHENSIVE 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.

Physical therapy and chiropractic care are great resources for attempting to overcome the pain associated with a herniated disc. A combination of passive and active techniques, such as using the McKenzie Method and Flexion Distraction Therapy, will help centralize the pain and symptoms associated with a herniated disc injury, along with reducing pressure on the spine and they will help to decrease bulging of the herniated disc itself.

If you suspect that you may have a herniated disc, contact a physical therapist or chiropractor 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.



**Stop letting pain keep you from a healthy, active lifestyle! Visit us online at**  
**[WWW.PROCLINIX.COM](http://WWW.PROCLINIX.COM)**  
**And make your pain a thing of the past!**

## FUN & GAMES: SUDOKU PUZZLE

**Directions:** Place the numbers 1 to 9 in the empty squares so that each row, each column, and each 3x3 box contains the same number only once.

					4		9	
2		7	9	6				1
			8	2	1			
	8	9					3	
6				4				5
	1					7	2	
			2	8	6			
7				9	3	1		6
	3		4					

## FLEXION DISTRACTION THERAPY A SPINAL REHAB TECHNIQUE EXPLAINED

Our Chiropractors use Flexion Distraction Therapy for spine related injuries or conditions often. This type of therapy is performed on a segmented table that moves as our chiropractors slowly manipulates your spine. The manipulations, combined with the movements of the table, stretch and decompress your spine, relieving your back, leg, neck, or arm pain.

### WHAT ARE THE BENEFITS OF THE TREATMENT?

#### **Flexion-distraction therapy can:**

- Reduce pressure on your spinal nerves and discs
- Decrease bulging of herniated discs
- Improve range of motion and mobility
- Help you manage chronic back pain
- Relieve stiffness
- Decrease neck pain and headaches
- Eliminate or delay the need for surgery in some cases
- Promote good disc health
- Relieve pain and numbness in the back, buttocks, arms, and legs
- Improve posture

*Dr. Eian Michael, DC – One of our ProClinix Chiropractors using the Flexion Distraction Table to address herniated discs of the low back*



## HEAR WHY OUR PATIENTS LOVE US!

"I give ProClinix in Ardsley my highest recommendation. I worked with Amanda who was very knowledgeable and helpful in addressing the scapular pain in my back and shoulder issues. She took the time to listen, and provide specific treatment options to the areas of concern.

Robie, who assists, was very attentive ensuring all reps were correctly performed. Overall, everyone I met in the Ardsley office, including Danni at the front desk, were extremely kind, compassionate, and competent. I am grateful to all of them for all of their help, and I recommend their practice most highly." – G.S.

**CALL US TODAY!**  
**(914) 202-0700**

# WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

At ProClinix Sports Physical Therapy & Chiropractic, we offer a wide range of services to be sure that your needs are met!

Our services include:

- Telehealth
- Acupuncture
- Massage Therapy
- Home PT
- Chiropractic services
- And more!

Let us help you live a more full life! Call us at (914) 202-0700 or visit our website at [www.proclinix.com](http://www.proclinix.com) to book your appointment today!

## HEALTHY RECIPE



### MANGO PROTEIN SMOOTHIE

#### INGREDIENTS

- 2 cups unsweetened Greek yogurt
- 1 cup pineapple chunks
- 1 orange
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

#### DIRECTIONS

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

## STAFF SPOTLIGHT

### DR. JAMES H. CASSELL DPT, PHYSICAL THERAPIST



Dr. Cassell earned his Doctorate of Physical Therapy from Utica College in 2012 and has been working in outpatient sports orthopedics since. Dr. Cassell initially became interested in physical therapy after tearing his meniscus while playing intramural sports in college. During his recovery, he was intrigued by the hands-on nature of rehabilitative care and how it blended his interests in both science and fitness. Dr. Cassell's experience includes working with patients ranging in age from 5 to 90. He has treated countless middle school, high school and collegiate athletes, as well as Iron Men/Women, competitive powerlifters/bodybuilders, Tough Mudder/Spartan Race competitors, CrossFitters and golf/tennis club pros. As a former tennis athlete and a professional natural bodybuilder, Dr. Cassell loves the return-to-sport phase of rehabilitation, with the goal always being to have clients surpass their prior baseline of function. Dr. Cassell is Titleist Performance Institute Certified and is a Graston Technique® Specialist.

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## EXERCISE ESSENTIALS



### REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up.