

The Arizona Quarterly Spine

What is the Arizona Quarterly Spine?

The Arizona Quarterly Spine is a quarterly publication designed to provide you information about SpineScottsdale Physical Therapy and other spine and physical therapy related news and information. You are receiving this because you are a valued patient and we care about your health. If you would like to be removed from our Arizona Quarterly Spine email list, please email Emily at emily@spinescottsdale.com



Who We Are...

SpineScottsdale Physical Therapy is a physical therapist owned and operated physical therapy clinic that specializes in the assessment, diagnosis, and treatment of spine and extremity musculoskeletal disorders by applying the philosophies and treatments known as the McKenzie Method of Mechanical Diagnosis and Therapy.

How Are We Different?

- 1. We are the only outpatient physical therapy clinic in Scottsdale that specializes in spine disorders.
- 2. You will be assigned to a physical therapist that has a doctorate in physical therapy.
- 3. You will be assigned to the only physical therapist in Scottsdale Certified in the McKenzie Method of Mechanical Diagnosis and Therapy.

Did you know...

Although SpineScottsdale Physical Therapy specializes in spine disorders, Shane Sullivan is also Board Certified in Orthopedic Physical Therapy. To obtain board certification, candidates must successfully complete a rigorous written examination, demonstrating specialized knowledge and advanced clinical proficiency in spine and extremity orthopedic rehabilitation. The following is just a partial list of extremity disorders we provide rehabilitation for:

Rotator Cuff Tendonitis	Hip Pain	Knee Joint Pain	
Frozen Shoulder	Bursitis	Osteoarthritis	
Tennis Elbow	Overuse Injuries	Ankle Sprain	
Carpal Tunnel Syndrome	Groin Strains	Plantar Fasciitis	
Hamstring Injuries	Achilles Tendon Injuries	Post-Surgical Rehabilitation	

What do all those credentials mean?

The owner of SpineScottsdale Physical Therapy, Shane Sullivan PT, DPT, CERT. MDT, OCS, ATC, CSCS, has more post-graduate credentials than any other physical therapist in the State of Arizona. The following is a brief description of these credentials:

- PT: Licensed Physical Therapist
- DPT: Doctorate of Physical Therapy Degree
- CERT. MDT: Certified in Mechanical Diagnosis and Therapy
- OCS: Board Certified in Orthopedic Physical Therapy
- ATC: Certified Athletic Trainer
- CSCS: Certified Strength and Conditioning Specialist

Moving in the Right Direction

This section is designed to educate you about common orthopedic injuries. In this issue, I will provide you information on: Herniated Disks.

HERNIATED DISKS

What is a herniated disk?

Disks are small, circular cushions between vertebrae (the bones of the spine)). Normally, disks act as shock absorbers to cushion your vertebrae from each other as you move. A herniated disk is a disk that has bulged out from its proper place. It may press on nearby nerves and cause severe pain.

How does it occur?

When a disk is damaged, the soft rubbery center of the disk squeezes out through a weak point in the hard outer layer. A disk may be damaged by: 1. A fall or accident, 2. Repeated straining of your back, 3. sudden strenuous action such as lifting a heavy weight or twisting violently. A herniated disk may also happen spontaneously without any specific injury.

What are the symptoms?

Symptoms of a herniated disk in your neck may begin suddenly or gradually. You may wake up and feel a sudden aching. Or you may have a twisted neck that you cannot straighten without extreme pain. You may also have numbness, tingling, or weakness in one or both arms. If your herniated disk is below your your symptoms may develop gradually or begin suddenly. Symptoms include: 1. Back pain, 2. Pain down one or both legs, 3. Numbness, tingling or weakness in one or both legs, 4. Changes in bladder and bowel habits.

How is it diagnosed?

Your health care provider will review your symptoms and ask about the history of your pain. Then he or she will examine your spine and test the movement and reflexes in your

and legs. Finally, your provider may want you to have one or more of the following tests: 1. X-rays of your spine, 2. CT scan, 3. MRI, 4. Electromyography (tests the electrical activity in your muscles.). 5. Myelography (injection fo dye into the fluid around the spinal cord.), 6. Diskography (injection of dye into the disk.)

How is it treated?

In most cases, treatment without surgery will relieve your pain. Treatment for a herniated disk in your neck may include: 1. Hot or cold packs, 2. Anti-inflammatory medication, 3. Muscle relaxants, 4. Prescription pain relievers, 5. A neck collar, 6. Neck massage, 7. Traction.

For a herniated disk in your back, treatment may include:

- 1. Several days of lying flat on your back or lying on your stomach
 - 2. Muscle relaxants

Disk

Spinal nerve

Vertebra

Spinal cord

- 3. Anti-inflammatory drugs
 - 4. Prescription pain relievers
 - 5. Hot or cold packs
 - 6. Traction
 - 7. Back massage
 - 8. Steroid injections.

As your pain lessens, your health care provider will want you to begin a physical therapy program

in which you will do exercises to strengthen your back muscles and joints. Recently, stabilizing exercises have been used successfully to treat herniated disks. This therapy involves learning how to control the movement of your spine in all recreation and work activities.

If you continue to have symptoms, you may need to have surgery. However, most people who have herniated disks do not need surgery.

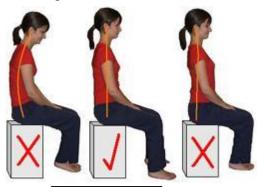
How long will the effects of a herniated disk last?

The initial intense pain should go away within a few weeks, but some pain may remain for a few months. You may be prone to backaches throughout your life and therefore must remember to protect your spine when lifting or being physically active.

If the weakness and numbness in your legs continue or if you lose control of your bowel or bladder function, contact your healthcare provider immediately.

How can I take care of myself?

Practice correct posture when you are walking, sitting, standing, lying down, or working.



Good Posture

• When lifting heavy objects, don't bend over from your waist. Kneel or

squat down by the object, while keeping your back as straight as possible. Avoid twisting.

When you stand, always stand up straight with your shoulders back, abdomen in, and small of your back fla

• When you sit, have your feet flat on the floor. Get up every 20 minutes and stretch. Sit in a chair that has good back support.

• Sleep on a firm mattress.

Lie on your side with your knees bent or on your back with a small pillow under your knees.

When can I return to my sport or activity? The goal of rehabilitation is

The goal of rehabilitation is to return you to your sport or activity as soon as possible. If you return too soon you

may worsen your injury at a different rate. Return to your sport will be determined by how soon your herniated disk recovers, not by how many days

or weeks it has been since your injury occurred. In general, the longer you

have symptoms
before you start
treatment, the
longer it will
take to get better.
It is important
that your
herniated disk has
fully recovered
before you return to

Healthy Diet wous activity and that

you have been seen by your health care provider. You must be able to perform all of your rehabilitation exercises without pain. You must have full range of motion of your back and neck and have no shooting pain into your legs and arms.

What can be done to help prevent a herniated disk?

Herniated disks can often be prevented by keeping your weight down, eating a proper diet, and exercising to keep your muscles firm. Strong, flexible muscles can stabilize your spine and protect it from injury. This includes keeping your stomach muscles strong. Walking and swimming are two good exercises for strengthening and protecting your spine.

Exercise



Have you been to our website?

www.spinescottsdale.com

This is an opportunity for new patients to learn about us and previous patients to stay in contact with us. We update our website often, so please check back!



- Learn about the staff at SpineScottsdale **Physical Therapy**
- Learn about all the services we provide
- **Get directions to our facility**
- **Read testimonials from previous patients**



Are you a fan?

Perhaps you have heard of this social networking site that is gaining popularity...FACEBOOK. Well, we have decided to be a part of the trend. You can find a link at our website, www.spinescottsdale.com, to become a fan. You can post comments, view pictures, read articles, and tell your friends.

New Patient Referral Program

We appreciate the time you spent with us and for giving us the opportunity to provide you physical therapy. We would greatly appreciate if you would let others know about the service we provide and the results we can deliver.

As a token of our appreciation, when a new patient begins treatment as a result of your recommendation, we will contact you and you will receive one free item from the list below:

Lumbar Roll

Treat Your Own Back Book











What are our patients saying?

The following comments were provided on our Patient Satisfaction Survey:

- "After living in pain for two years I found Shane. I feel so much better! I'm now able to walk without pain. Thank you for your compassionate care."
- -Frances
- "I'm very glad that I was able to have the physical therapy with Shane. He is very conscientious, knowledgeable, and patient. I would highly recommend him."
- -Ruth
- "My experience with Shane and the staff at SpineScottsdale has been exceptional. Not only is my chronic back pain gone, but it was also done while making me comfortable and welcome."
- -Adam
- "I'm very pleased with my physical therapy. Shane has relieved my pain and I feel so much better."
- -Donna
- "When I came to SpineScottsdale Shane introduced imself and explained the injuries in a manner I understood. We began his routine and within a week I was feeling better than I had in 2 months. My neck and shoulder were free of pain. I enthusiastically would refer Shane to anyone seeking help."
- -Margaret
- "This is by far the best physical therapy treatment I have ever had."
- -James

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