

HEALTH & WELLNESS



NEWSLETTER

**DOES YOUR BACK HURT
WHEN YOU BEND?
SEEK TREATMENT FOR
A HERNIATED DISC**



A Holistic Plan From Our Physical Therapist

Discover how physical therapy can
treat your herniated disc.

February Is Heart Health Month

Practicing these 8 simple
health tips for a healthy
heart.

Congrats To Our New Chino Clinic Director

Welcome Dr. Michael Karim , DPT
as our new clinic director for the
Chino location.

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NEWSLETTER

PHYSICAL THERAPY CAN HELP WITH YOUR HERNIATED DISC



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 Marketplace Physical Therapy & Wellness Center, 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 Marketplace Physical Therapy & Wellness Center, we can employ conservative treatment techniques to help you ease pressure on your spine and regain lost function in your neck, back, or extremities. Contact us today and let us look at how you can conquer your herniated disc issues the natural way.

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.

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
- Inability to remain in a position due to pain
- Pain that is worse in the morning and with prolonged sitting

(continued inside)

A HOLISTIC PLAN FROM OUR PHYSICAL THERAPIST

(continued from outside)

Physical therapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain or nerve problems. Your physical therapist 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 physical therapy 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 to the tissues surrounding your spine. Physical therapy exercises like core exercises help you build strength and stability in your lower back, thus reducing your pain and improving your function. Mobility exercises to 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 Marketplace Physical Therapy & Wellness Center today to schedule an evaluation. **We can guide you through a safe, practical plan for regaining your quality of life!**

Sources: <https://www.njebonline.org/article.asp?issn=2348-053X;year=2019;volume=7;issue=2;page=93;epage=100;auiast=Danazumi>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7358225/>
<https://www.chooset.com/guide/physical-therapy-guide-herniated-disk>

HEART HEALTHY HUMMUS

- 1. Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** Aim for 30 minutes a day, 5 days a week of moderate exercise.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. Ditch the cigarettes, real and electronic.** If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up.** That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods.

HEALTHY RECIPE

HEALTHY RECIPE HEART HEALTHY HUMMUS

INGREDIENTS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley



INSTRUCTIONS

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>

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CONGRATS TO OUR NEW CHINO CLINIC DIRECTOR: DR. MICHAEL KARIM , DPT

Welcome our new Clinic Director for our Chino location!

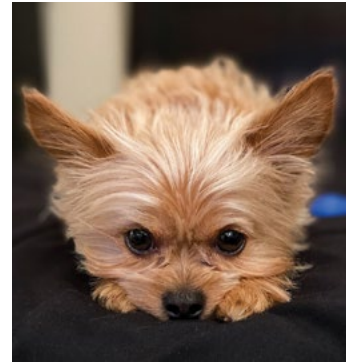
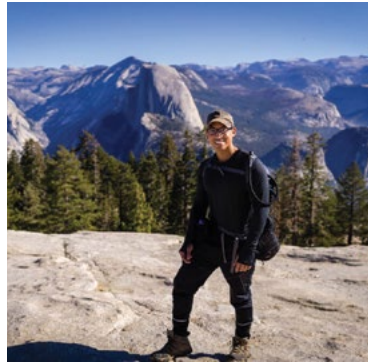


Dr. Michael Karim, DPT, graduated from California State University San Bernardino with a Bachelor's Degree in Health Science, continuing his education at Loma Linda University where he received his Doctorate degree in Physical Therapy. Dr. Karim has a Graston M1 training which allows him to offer soft-tissue mobilizations.

Prior to receiving his Doctorate degree, Dr. Karim was a physical therapy aide with Marketplace Physical Therapy. Dr. Michael Karim has been a part of the Marketplace family for over 3 years now. Dr. Karim is now located at our Chino location as the new Clinical Director. He enjoys meeting new patients and helping them discover just how amazing their bodies truly are. Dr. Karim has always had a passion for fitness and healing his own aches and pains and now has the privilege of assisting others heal their bodies.

Dr. Karim has big plans this upcoming year, he is getting MARRIED! When Michael isn't brewing a delicious, fresh cup of coffee in the clinic you can find him riding his bike or taking photos. Dr. Karim has big dreams that include learning to fly a plane or a helicopter. A fun fact about Dr. Karim that might come as a bit of a surprise is that he loves country music.

Dr. Michael Karim is located at our Chino location and can be reached by phone at 909.21.3664 or by email at drkarim@marketplacewellnesscenter.com.



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