



REAL SOLUTIONS FOR BACK PAIN CAUSED BY HERNIATED DISCS



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

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 Rebound Fitness & Rehabilitation, 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.

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 Rebound Fitness & Rehabilitation 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!

Coupon Corner

FREE 15 MINUTE
DISCOVERY SESSION



Call To Schedule Today!

WE LOOK FORWARD TO YOUR CALL:

847.748.1320



Patient Success



"I highly recommend Rebound Fitness and Rehabilitation. They have a highly motivated and friendly staff and I've been going to Justin Aquino for well over a year and have seen great improvements in flexibility and strength. Justin checks in with me and adjusts my regimen based on what my body is telling me, which is better than a preplanned cookie cutter approach. Justin's knowledge of kinesiology and the body's connectivity between muscles, bones and connective tissue means you get stretches and strengthening routines that target exactly what you need. **SO MUCH BETTER THAN ANY CHAIN REHAB FACILITY**, they should be in a different class of company. They take my insurance and it's very affordable." — J.L.



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FITNESS &
REHABILITATION**

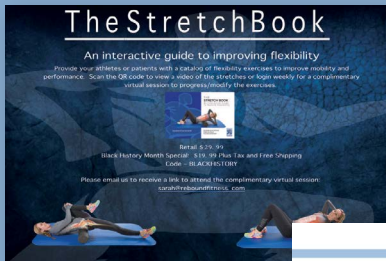
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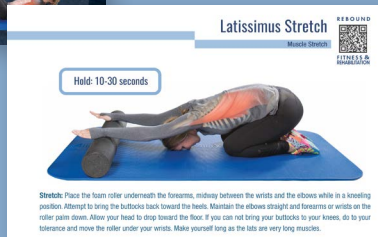
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Includes Stretches
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For more information, visit us at: REBOUNDFITNESS.COM

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EXERCISE ESSENTIALS

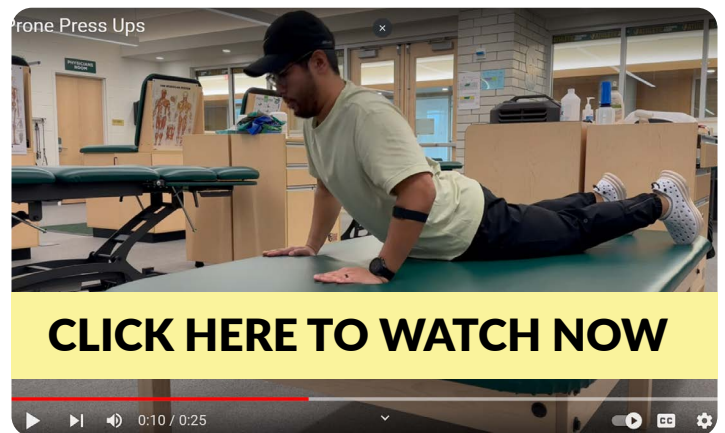
Check out these exercises on our Youtube channel to simply feel your best this spring!

SCIATIC NERVE GLIDES



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PRONE PRESS UPS



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Our Practice Is Here For You

Rebound Fitness & Rehabilitation has been serving the people of Northbrook, IL since 1994. We have a highly experienced and dedicated team of physical therapists who offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Our patients have found high levels of success in our treatment services, due to our implementation of advanced technology and methods.

