



# NEWSLETTER

## INJURED IN A CAR ACCIDENT? WE CAN HELP



If you have recently been in a car accident, you know how frightening it can be. Automobile accidents can result in injuries ranging from mild cuts and abrasions to broken bones and severe whiplash. This, undoubtedly, results in pain and discomfort following the accident.

Physical therapy can help in your recovery from an automobile accident by reducing pain and inflammation, in addition to restoring your range of motion. Contact Performance Therapy Institute today.

**Whiplash – a common car accident injury.** Whiplash can occur with many different accidents, but it is often seen in motor vehicle accidents. The weight of the head and spine is whipped back and forth with the fast movement of an accident or fall. The muscles in the neck don't have time to react, which then results in strains and tears of the surrounding muscles, ligaments, and tissues.

Due to the initial shock and trauma following the accident, Whiplash typically feels worse 1-2 days after the injury, as inflammation sets in and tissues become swollen. This can lead to headaches, pain with movement, and even a numbness or tingling sensation into the upper extremities.

There are many different phases or treatments to help you after suffering whiplash. Our physical therapists will work with your physician on the appropriate treatment to help you recover and relieve your pain.

Treatments may include gentle therapy, massage, ultrasound and electrical stimulation, in order to relieve the pain and help swollen tissues recover.

It is very important to continue through with the recommended treatment plan as advised by your physical therapist, in order to achieve a full recovery and prevent future problems from occurring. Contact us today to discover how we can help you relieve your whiplash pain quickly and make a full recovery.

**Find relief today.** If you are experiencing pain from a car accident, don't turn to opioids or surgery before giving Physical therapy a try. If you've been injured in a car accident, Performance Therapy Institute is here for you. Our advanced holistic methods will help you recover the right way – without harmful risks. We'll be your support system during every step of your treatment plan. **Contact us today.**

# NEWSLETTER

## GIFT YOURSELF WITH RELIEF FROM SPINAL STENOSIS PAINS WITH SPINAL MANIPULATION

### INSIDE:

- How Can Spinal Manipulation Help?
- Relieve Pain In Minutes
- Patient Success Spotlight
- Healthy Recipe

According to the American Academy of Orthopedic Surgeons, approximately 2.4 million Americans will suffer from spinal stenosis by 2021. It is a silent epidemic that generally affects people aged 50 or older; however, it can also occur in younger adults who have a history of arthritis.

Spinal stenosis refers to the narrowing of the canals in your spine that are formed by the vertebrae. This narrowing can impinge on the nerves exiting your spine and/or the spinal cord itself. Symptoms can vary, but often include radiating pain in the back, buttocks and even legs. Furthermore, weakness and poor balance in the legs can often occur, making it difficult to tolerate walking long distances and prolonged standing.

Fortunately, targeted physical therapy treatments, such as spinal manipulation, can help manage the symptoms of spinal stenosis and provide pain relief. Spinal manipulation helps relieve pressure on joints, reduce inflammation, and improve nerve function. It is a gentle, hands-on form of manual therapy that focuses on evaluating and enhancing spinal function. To learn more about how spinal manipulation can help relieve your pain, contact Performance Therapy Institute today.

**Whether you have pain or have been suffering for a long time, seeing a physical therapist at Performance Therapy Institute can help you return to a more active and pain-free life. Give us a call today:**

- FRANKLIN (615) 465-6810
- NASHVILLE (615) 375-9091

**What happens when spinal stenosis develops?** The most common form of spinal stenosis is known as foraminal stenosis. Foraminal stenosis occurs when there is a narrowing of the foramen canals on either side of the spine, formed by the vertebrae above and below the segment.

In each foramen canal, spinal nerves exit the lower back, in order to help different parts of the pelvis and legs function properly. With age and deterioration of the discs between the spine, the canals shrink in size. It is also possible for them to develop bone spurs. This irritates the nerve roots, especially when the spine is extended.

People living with spinal stenosis typically feel better when sitting, but notice increased levels of pain with standing and backwards bending.

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[www.performnashville.com](http://www.performnashville.com)

# HOW CAN SPINAL MANIPULATION HELP?

Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function.

Spinal manipulation is a treatment method that has been known to relieve a large variety of painful conditions, including spinal stenosis and its accompanying symptoms. In fact, a study published by the International Journal of Sports Physical Therapy supports spinal manipulation as an effective mode of treatment.

The study, titled "Effectiveness of Physical Therapist Administered Spinal Manipulation for the Treatment of Low Back Pain: A Systematic Review of the Literature" analyzed data from several reputable medical journals to determine the effectiveness of this form of treatment on patients living with lower back pain. Six randomized control trials were included for review and thoroughly assessed by the researchers. Results were overwhelmingly positive for the success of spinal manipulation. The conclusion is as follows:

"Based on the findings of this systematic review there is evidence to support the use of spinal manipulation by physical therapists in clinical practice. Physical therapy spinal manipulation appears to be a safe intervention that improves clinical outcomes for patients with low back pain."

Low back pain is the most common symptom of spinal stenosis. If your pain is limiting your life, our methods at Performance Therapy Institute can help.

**Find relief today:** Spinal manipulation has had a very positive effect on many of our patients at Performance Therapy Institute. Through our advanced



treatment methods, our physical therapists can help you restore more natural movement to your spinal joints, improve your flexibility to increase joint fluid circulation, improve your spinal muscle strength, and educate you on correct posture and prevention techniques.

Essentially, we can help you do more, with less pain. In fact, our patients often report significant reduction in pain and improvement in daily activities after just a few short weeks of treatment.

If you have been living with pain from spinal stenosis and you're looking for relief, contact Performance Therapy Institute today. By treating your pain early through spinal manipulation, we can help manage it so it doesn't worsen. **Don't live with the limits of your pain – relieve your pain and improve your spine health with us today!**

## CALL US TODAY TO SCHEDULE AN APPOINTMENT!

## HEALTHY RECIPE



## VEGAN GINGERBREAD COOKIES

### INGREDIENTS

- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 2 tsp ground ginger

- ½ tsp ground nutmeg
- ¼ tsp salt
- ½ cup coconut oil, at room temperature
- ½ cup sugar
- ½ cup molasses
- ¼ cup water
- 1 tsp vanilla extract

### DIRECTIONS

Combine whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt in a medium bowl. Cream coconut oil and sugar together with an electric mixer in a large bowl. Add molasses, water and vanilla and beat until mixed thoroughly. Gradually add the flour mixture, beating at low speed until just combined. Divide the dough into thirds. Place one third of the dough on a 12-inch-long sheet of parchment paper and shape into a disk. Top with a second sheet of parchment. Roll out the dough between the parchment to a thickness of about 1/4 inch. Place the parchment with the rolled dough on a baking sheet. Repeat with the remaining dough, stacking each piece of parchment with rolled dough on top of the previous one. Freeze on the baking sheet 30 minutes to 1 day. Position a rack in middle of oven; preheat to 350 degrees F. Line 2 or 3 large baking sheets with parchment paper. Remove the top sheet of parchment and cut out cookies with 2 1/2- to 3-inch cookie cutters. Transfer the cookies to a prepared baking sheet with a wide, thin spatula, spacing them about 1 1/2 inches apart. Bake about 10 minutes. Let the cookies cool for 5 minutes, then transfer to a wire rack to cool. Decorate as desired.

<http://www.eatingwell.com/recipe/268542/vegan-gingerbread-cookies/>

CALL TODAY AT FRANKLIN: (615) 465-6810 OR NASHVILLE: (615) 375-9091!

## Patient Success Spotlight



### "They acted as complete professionals and delivered the highest level of patient care!"

*"I have had the misfortune of having been injured twice in the last year. The injuries were serious enough that I was off work for several months. I needed to return to the workplace as quickly as possible and perform at a normal level. My confidence in that happening was very low. I was fortunate that my orthopedist recommended Performance Therapy Institute for my therapy. The staff quickly became like family and showed understanding combined with respect. They acted as complete professionals and delivered the highest level of patient care. I made a recovery much quicker due to the training and recommendations given by these good people. I have made many recommendations over the years but this company by far receives the highest." - S.S.*

## Relieve Pain In Minutes

Try this movement to strengthen the neck.

### Stretches neck



### FORWARD NECK TUCK

Sit with good posture then place one hand behind your head and slowly pull your head in the direction of your armpit. Hold for 15 seconds and repeat on each side as needed.



## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? **Call us today to schedule an appointment with one of our physical therapists.** We'll guide you to affordable treatments that will place you one step closer to pain relief.

## Fun & Games

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2			8				7

<http://1sudoku.com>

n° 225044 - Level Medium

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