



11741 Southwest Highway Palos Heights, IL 60463



Commitment Physical Therapy can help you:

Eliminate Pain

Improve Your Strength and Flexibility

Get Back to Fun

Get Back to Work and Activities

Learn how to Maintain your Fitness and Endurance.

Our Location

Commitment Physical Therapy is located at 11741 Southwest Highway in Palos Heights.

(708) 361-8052

Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm.

For your convenience, we also offer extended and weekend hours by appointment only.

SPINAL STENOSIS Part 2

Keeping the previous information from November 's newsletter in mind, we offer you the following check list to help you determine whether or not you may have this condition. Do you have occasional or frequent pain in one or both of your legs? Do you occasionally or frequently experience a numbness or tingling sensation in one or both of your legs? Do certain activities bring on the pain more then others? Do you experience pain or discomfort when you walk? If you sit down and rest when you feel this pain does the pain go away? Is the pain inconsistent (only happens every now and then)? If you answered yes to 4 or more of these questions there is a possibility that you suffer from spinal stenosis. If you think you do and need assurance, please consult your family doctor at your earliest convenience.

Treatments and drugs

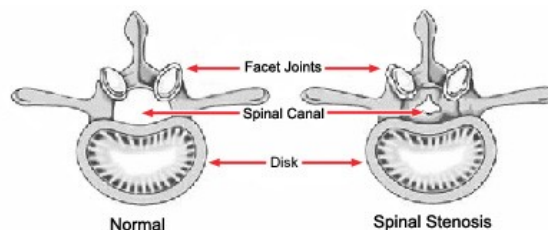
Many people with spinal stenosis are effectively treated with conservative measures. But if you have disabling pain or your ability to walk is severely impaired, your doctor may recommend spinal surgery. Acute loss of bowel or bladder function is usually considered a medical emergency and requires immediate surgical intervention.

Non-surgical treatments:

Before considering surgery, your doctor is likely to recommend trying one or more of the following for at least three months:

Nonsteroidal anti-inflammatory drugs (NSAIDs):

These include over-the-counter and prescription medications, such as aspirin, ibuprofen (Advil, Motrin, others) or indomethacin (Indocin), to reduce inflammation and pain. Although they can provide real relief, NSAIDs have a "ceiling effect" – that is, there's a limit to how much pain they can control.



If you have moderate to severe pain, exceeding the recommended dosage won't provide additional benefits. What's more, NSAIDs can cause serious side effects, including stomach ulcers that may bleed. If you take these medications, talk to your doctor so that you can be monitored for problems.

Analgesics:

This group of pain relievers includes acetaminophen (Tylenol, others). Analgesics

don't reduce inflammation, but they can effectively treat pain. Yet chronic overuse of acetaminophen can cause kidney and liver damage. Drinking alcohol increases your risk of serious side effects.

Chondroitin sulfate and glucosamine:

These nonprescription supplements used either alone or in combination, have shown positive effects on osteoarthritis. But it's not yet known whether they're effective at treating or preventing osteoarthritis of the spine. Talk to your doctor if you're interested in these supplements – they may interfere with other medications

you're taking, especially warfarin (Coumadin).

Rest or restricted activity: Moderate rest followed by a gradual return to activity may improve symptoms. Walking is usually the best exercise, especially for people with neurogenic claudication, but biking also is recommended because it keeps your back in a flexed position rather than in an extended one.

Where did 2008 GO?

It seems like just a few weeks ago we were celebrating New Years and now it is December all over again and we are about to start a whole new year.

At this time of the year when the weather is cold & we see snow falling, seems like it is a good time to sit and think about all we have done during the year. If we have something that we need to improve on, we should start to work on that. If there is something that we have done right, we should try to keep up the good work and always try to better ourselves. We should always remember that one way or another we have all been blessed either with good health, a good family, and we should always be grateful for everything that we have.

On that note have a wonderful & safe Holiday Season.



Continue: SPINAL STENOSIS

Physical Therapy for Spinal Stenosis: Your doctor may refer you to a physical therapist to help you relieve your pain from spinal stenosis and restore movement. Whether you have surgery or not, physical therapy is key to your healthy recovery. **Physical therapy includes both passive and active treatments.** Passive treatments help to relax you and your body. They also prepare your body for therapeutic exercise, which is the active part of physical therapy. Your physical therapist may give you passive treatments such as:

Deep Tissue Massage: This technique targets chronic muscle tension: tension in your low back (lumbar spine) that perhaps builds up through daily life stress. The therapist uses direct pressure and friction to try to release the tension in your soft tissues (ligaments, tendons, muscles). **Hot and Cold Therapies:** By using heat, the physical therapist seeks to get more blood to target area because an increased blood flow brings more oxygen and nutrients

to that area that helps your body heal. Cold therapy slows circulation, helping to reduce inflammation, muscle spasms, and pain. Your physical therapist will alternate between hot and cold therapies. **TENS (transcutaneous electrical nerve stimulation):** A machine stimulates your muscles through variable (but safe) intensities of electrical current. TENS may increase your body's production of endorphins, your natural pain killers. The TENS unit can be a helpful therapy.

Ultrasound: By increasing blood circulation, an ultrasound helps reduce muscle cramping, swelling, stiffness, and pain. It does this by sending sound waves deep into your muscle tissues, creating a gentle heat that enhances circulation and healing. In the active part of physical therapy, your physical therapist may show you exercises to help you build and maintain strength, endurance, and flexibility for spinal stability. Some of these exercises will help strengthen your abdominal muscles, since they help support your back— and yes, it will be more than

doing sit-ups. Your physical therapist will create an individualized program, taking into consideration your health and history. Your exercises may not be suitable for another person with spinal stenosis. There are two groups of exercises we can focus on to help strengthen and maintain your backs health. **Strengthening:** Through repetition of muscle contractions the muscle becomes stronger. Increasing the tone in your muscles and developing a stronger abdominal core leads to a more stable spine. With strengthened leg muscles you will find it easier to use proper lifting techniques that are designed to help prevent back injury and promote a healthy spine for life. **Flexibility:** Lengthening of muscles of an extended period of time. A persons flexibility is improved by stretching, and the more flexible the person, a higher level of flexibility around the spine and the pelvis allows for normal spine movement, decreasing the risk factors for injury by preventing abnormal force on joints. **A back brace or corset.** This helps provide support and may especially benefit people who have weak abdominal muscles or degeneration in more than one area of the spine.

Patient's Comment Corner



"I really liked the friendly atmosphere & how Dr Naglaa contacted my Dr."
G.B - Bridgeview, IL

"I was very satisfied with the overall cleanliness of the office"
A.V - Evergreen Park, IL

"I was greeted each time I entered the facility, the staff was courteous & helpful, policies were explained in a way easy to understand" J.A - Palos Park, IL
"I would definitely recommend to another person" J.O - Oak Forest, IL