



FREE PHYSICAL THERAPY ASSESSMENT

(\$140.00 Value)

Commitment Physical Therapy would like to see their patients get ready for Spring by offering a free physical therapy assessment. Physical therapy can help to maintain your endurance and get you in shape for the summer. Therapy also helps you to improve your strength and flexibility. Please call our office to schedule your free assessment.

Our staff will be happy to help. Your condition will be evaluated and a customized plan will be recommended to get you back to the activities you enjoy.

Our Location

Commitment Physical Therapy is located at:

11741 Southwest Highway in Palos Heights.

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.

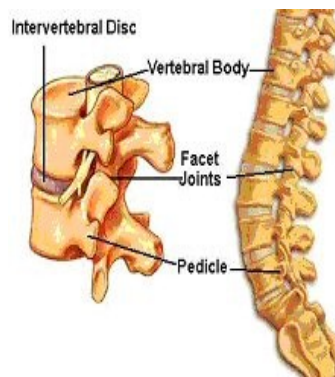
Radiculopathy

Radiculopathy is a condition that results from an injury or irritation to a nerve root as it leaves the spinal canal through the neuroforamen (intervertebral foramen). Radiculopathy is usually due to the nerve root being "Pinched" or compressed.

Radiculopathy usually occurs in the neck (cervical spine) or the lower back (lumbar spine). Even though the injury or irritation to the nerve root occurs at the spine, the symptoms of Radiculopathy are experienced at a distant site. This is known as referred pain. **Cervical Radiculopathy symptoms** are felt in the shoulders, arms, and/or hands. **Lumbar Radiculopathy symptoms** are felt in the buttocks, leg, and/or feet.

Anatomy: The spine is made up of 33 **vertebrae**. These bones are stacked, one on top of the other, to form the spine or **spinal column**. The individual vertebrae are donut shaped with an opening in the middle (the **spinal canal**). The vertebrae surround and protect the spinal cord which lies in the spinal canal. Positioned between

almost every vertebrae are the **intervertebral discs**. The discs function as the spine's shock absorbing system; they protect the vertebrae, spine, brain, and the nerves as they leave the spinal column. The discs also allow movement between the vertebrae. This movement enables the spine to move. The discs are composed of a central soft gel-like tissue surrounded by a tough cartilaginous outer ring. Bands from this cartilaginous ring anchor the discs in place between the vertebrae.



The intervertebral foramen

(Neuroforamen) are the openings between two adjacent vertebrae (there are two of these openings, one on each side of the vertebrae). These openings allow the nerve fibers (**nerve roots**) in the spinal cord to exit the spinal canal and travel to their specific body parts.

The nerves that leave the spinal cord to co-ordinate and control the body's organs and parts are **the motor nerves**. **The sensory nerves** are those nerves which carry signals and information back to the brain. The sensory nerves enter the spinal canal through the neuroforamen.

Symptoms: Cervical Radiculopathy

symptoms may include: **Pain** that radiates from the back into the shoulders, and down the arms to the hands. The pain can vary from a dull-aching, to sharp and burning. **Muscle weakness** is usually a sign that the compression on the nerve root is severe. **Abnormal feelings** such as tingling, burning, and numbness may be felt in the arms and hands.

Lumbar Radiculopathy symptoms are similar to those as described above, except that they are caused by a compression of a nerve root in the lower back region of the spine. Symptoms radiate from the lower back to the buttocks, thigh, leg, and foot. When we bend forward or to the side, the symptoms of Lumbar Radiculopathy may become worse.

Each season in Chicago brings with it new joys. The other day as I was driving in my car listening to the birds singing their sweet music for the first time this year I was so happy. Spring is finally upon us! My tulips are starting to spout up from the ground and they always make me smile too. This is a great time of the year. Children are starting to play outside again, I love to hear the excitement in their voices as they grow and get stronger each year. Neighbors young and old are coming outside to see what work winter has left for them to clean up and also to catch up with each other. By the time you are reading this opening day has kicked off the baseball season and pretty soon we will also be able to shed our heavy winter coats once and for all (well at least for a few months)! This is a great time of the year to focus on taking a little time for yourself and your health. This would be a great time to work on taking a walk to appreciate all the changes around you. Walking is a great exercise and is something that can be started slowly and you can progress at your own pace.

“Take time to stop and smell the flowers.”

Continue: Radiculopathy

Causes: Radiculopathy is due to a pinching of a nerve root as it leaves the spinal canal. The three most common causes of nerve root pinching or compression are: **Herniated (Intervertebral) Discs:**

The intervertebral discs lie between two adjacent vertebrae, and they cushion and protect the ends of the vertebrae (they are filled with a soft, gel-like substance). By the time we hit 30, these discs may start to show signs of deterioration. They develop small leaks, and begin to lose their jelly-like material, becoming flatter and more brittle. When this occurs, these discs are said to have ruptured or herniated. Flatter and weaker discs may lead to compression of the nerve root as it passes through the neuroforamen.

Degenerative Disc Disease: As we age, the intervertebral discs begin to shrink or flatten. This is caused by absorption of the water content in the discs. The result is a thinner intervertebral disc. Without sufficient thickness, the disc can no longer cushion or

properly separate the vertebrae. This causes the vertebrae to rub against each other and pinch the nerve root as it travels through the neuroforamen.

Osteoarthritis: This disease is due to the normal wearing down of the body's joint cartilage that we experience with age. As we age, the cartilage throughout our entire body begins to deteriorate and become thinner. If it wears down completely, bone may rub painfully on bone. In an attempt to repair and replace the cartilage, the body may produce bony growths called bone spurs. When bone spurs form on the vertebrae in the spine, they narrow the spinal canal, and the neuroforamen, causing nerve root compressions.

Radiculopathy –Pinched nerve: Treatments: The old adage, **"An ounce of prevention is worth a pound of cure,"** is true when it comes to our spines. We cannot totally prevent the onset of Radiculopathy any more than we can stop the aging process. **However,** we can limit the damage caused by the aging process if we do just a few things, such

as exercising and maintaining good posture, and watching our weight. Treatment for the symptoms of Radiculopathy can be divided into non-surgical treatments and surgical treatments. The following non-surgical treatments have been found to be the most successful in keeping people comfortable:

Physical Therapy may include exercise, the use of modalities to limit muscle spasms, and working with gait training. **Maintain good posture** at all times ..walking, sitting, and sleeping. Good posture reduces abnormal pressure on the spinal cord and the nerve roots. **Nonsteroidal Anti-Inflammatory Drugs** include the following over-the-counter medications: Advil, Motrin, and Ibuprofen. All of these medications can cause various side effects. While they may help reduce the symptoms, we **highly recommend** that you discuss these medications with your doctor before taking them. **Rest and restricted activities** are a must until symptoms subside. Once your symptoms have subsided, you should gradually return to those activities that you can comfortably tolerate.

Patients' Comments

“Everyone was outstanding! It was a very pleasant environment and I was able to accomplish all my goals.” P.K., Oak Lawn, IL

“Dr. Naglaa is great! Everything matters to her. She wants to know and listen to everything, even the little things.” T.W., Mokena, IL



“I enjoyed the treatments I received. It was very relaxing.” B.F., Oak Lawn, IL

“The people were pleasant and I got great attention from the Doctor and the staff. I learned a lot about my condition.” E.D., Evergreen Park, IL