

# BROSTROM PHYSICAL THERAPY

Monthly Newsletter

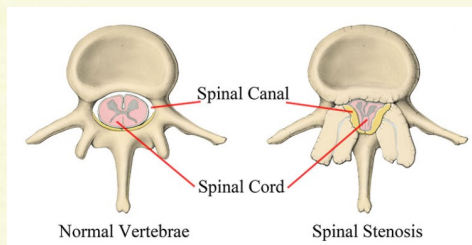
MARCH 2020

## Diagnosis in Focus: Spinal Stenosis

From the desk of: Katie Dobbie, PT, DPT, CKTP

- **What is spinal stenosis?**

Spinal stenosis is a condition characterized by a narrowing of your spinal canal. This typically happens gradually and is most common for those that are 50 years of age and older. However, if the degenerative changes are severe enough or trauma is involved, symptoms can be present in younger populations as well.



- **What causes spinal stenosis?**

Spinal stenosis most commonly occurs in the lumbar spine (low back) but can also be present in the cervical spine (neck). It can be caused by various factors, but most often includes: an overgrowth of bone, herniated discs, thickening of ligaments, tumors, and/or spinal injuries.

- **Symptoms of spinal stenosis**

When spinal stenosis occurs, most individuals experience some sort of pain, weakness, tingling and/or numbness. The symptoms may be mild at first and progress over time, while other individuals may experience no pain at all. In most individuals their symptoms are relieved when sitting down.

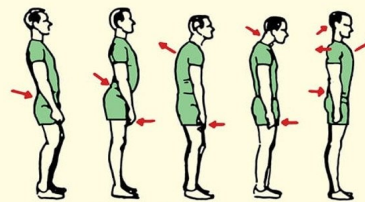
- **Prognosis of spinal stenosis**

Diagnosing spinal stenosis involves a physical examination by your doctor and discussing your symptoms as well as medical history. There are also multiple imaging tests that can be completed, which include: x-ray, MRI, and CT scan.

- **What can Physical Therapy do for spinal stenosis?**

Treatment options can be both conservative for mild cases and more invasive if symptoms are severe or debilitating. The most important treatment is to remember proper body mechanics, focus on core stabilization, and maintain a healthy lifestyle. However, pain medication, surgeries, injections, and physical therapy are available to manage symptoms and to reduce the progression of the condition. Individuals with spinal stenosis can continue to maintain an active lifestyle but may need to make modifications pending the severity of their condition.

### *Poor Posture When Standing*



\*If you or a loved one are suffering from spinal stenosis, we first recommend you discuss the symptoms with your physician. If physical therapy is recommended following your physician appointment, our team of therapists would be happy to establish a plan of care and provide treatment! We can provide a large array of pain-relieving methods and treatments to encourage long-term relief.

### **Glossary of Medical Terms**

- \***Spinal canal:** a cavity that runs successively through each of the vertebrae and contains the spinal cord.
- \***Herniated disc:** A rupture of the disc between spinal vertebrae.
- \***Body mechanics:** exercises designed to improve posture, coordination, and stamina.

*"To handle yourself, use your head. To handle others, use your heart."*

*-Eleanor Roosevelt*

## Guess Who

Our February 2020 newsletter listed some fun facts about each of our therapists. Did you match them correctly?

1. This therapist used to live in California.



1. Sarah



2. Danielle

2. This therapist owns a horse.



3 .Ann

3. This therapist LOVES flamingos.



4. Carly

4. This therapist is getting married in 2020.



5. Amy

5. This therapist only drinks warm or hot water (not room temp. or cold).



6. Katie

6. This therapist has two daughters.

**Post a comment with your reactions and results!**

## HAPPY ST. PATRICK'S DAY!

HOW CAN YOU TELL IF AN IRISH MAN IS HAVING A GOOD TIME?

HE'LL BE DUBLIN OVER WITH LAUGHTER!



### Recipe of the Month: Broccoli Cheddar Quiche

#### Ingredients:

- 1 deep dish frozen pie crust
- 6 large eggs
- 2 cloves of minced garlic
- 1 1/2 cups heavy cream
- 3/4 cup white cheddar cheese
- 1/4 cup gruyere cheese
- 1/2 teaspoon cracked black pepper
- 1 pinch of salt
- 1 pinch of crushed red pepper flakes
- 1 1/4 cups broccoli florets (chopped)



#### Directions:

- Preheat the oven to 350 degrees F.
- Whisk together the eggs, garlic, cream, cheese, salt and peppers. Fold in the broccoli florets.
- Bake in the oven for 55 to 60 minutes or until golden on top and set in the center. Let cool slightly before serving.

**\*Optional:** add 1/2 cup of sautéed onions for additional flavor.

#### BROSTROM PHYSICAL THERAPY

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