



RELIEVE YOUR SPINAL STENOSIS PAINS

WITH SPINAL MANIPULATION

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SCAN ME



Has your pain come back? We would love to help!
Give us a call or visit www.TherapyWestPT.com today!

Relieve Your Spinal Stenosis Pains With Spinal Manipulation



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 Therapy West Physical Therapy today.](#)



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.

[Book An Appointment Today!](#)

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 Therapy West Physical Therapy can help.

Find Relief Today

Spinal manipulation has had a very positive effect on many of our patients at Therapy West Physical Therapy. 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 Therapy West Physical Therapy 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!**



If you are struggling with pain, see our website for additional information on your condition by scanning the QR code or by visiting www.TherapyWestPT.com



Healthy Chewy Ginger Molasses Cookies

- 1 flax egg 1 tablespoon flaxseed meal + 3 tablespoons water
- 1/2 cup almond butter
- 1/3 cup coconut sugar
- 2 tablespoons molasses
- 1 teaspoon Simply Organic Vanilla Extract
- 1 teaspoon Simply Organic Ginger
- 1/4 teaspoon Simply Organic Allspice
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 3 tablespoons coconut flour
- Raw turbinado sugar for sprinkling optional

Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside. In a mixing bowl, combine the flax egg, almond butter, coconut sugar, molasses and vanilla. Beat with an electric mixer until smooth. Add the spices, salt, baking soda and coconut flour and beat again until a sticky dough forms. Using a small cookie scoop, drop the dough onto the baking sheet, spacing the cookies at least 2" apart. Repeat until all the dough has been used. Gently flatten the cookies with your hands and sprinkle with sugar. Bake on the center rack for 11 minutes. Remove from the oven and allow the cookies to cool for 10 minutes on the pan before transferring them to a wire rack to finish cooling. Once cool, pack up and/or enjoy!

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
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435.283.6334

Mount Pleasant
435.462.0178

Richfield
435.896.4282

Bicknell
435.425.3719



Benefits Of A Standing Desk

Did you know that standing between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks!

What's The Best Desk For You?

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for workplace environments, so employees can spend a large amount of their day standing or stretching, with the opportunity to rest when they become tired.



Exercise of the Month

Double Knee To Chest Stretch



Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

Offer Expires: 1/31/22