LOTT Health + Fitness NEWSLETTER

"AMERICA'S PRACTICE OF THE YEAR" *PPS/APTA 2011*



SPINAL STENOSIS

DON'T LET IT STOP YOU!

ALSO INSIDE

Relieve Your Spinal Stenosis Pains with Spinal Manipulation
Do You Know About Telehealth For PT? • Healthy Recipe

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SPINAL STENOSIS

DON'T LET IT STOP YOU!

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 Lott Physical Therapy today.

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For more information about how physical therapy can help you, contact Lott PT at ***903.389.7433*** *(Fairfield) or* ***903.874.7433*** *(Corsicana) today!*

PATIENT SUCCESS SPOTLIGHT



"This is one of the most capable and most professionally run businesses I have ever been in. It also happens to be a medical service provider that heals in a manner that I like, and think is the proper way. By helping and allowing the body to heal itself! I've been a rehab patient twice, and for the last two and a half years have worked out regularly in the fitness center. Give them a try, if you follow their lead you will get better. Keep on moving!" — John A.



DO YOU KNOW ABOUT TELEHEALTH FOR PT?

THE MOST CONVENIENT METHOD FOR PHYSICAL THERAPY AT HOME!

TELEHEALTH is a way for us to make sure that our patients are still receiving the highest possible quality of care they need from a remote location.

Telehealth services can be accessed via your smartphone or computer, and you will be able to perform your PT treatments from the comfort of your own home. You can also track your progress and see how you are improving throughout your treatments – without coming directly to our clinic.

At Lott Physical Therapy, our telehealth services offer live consultation where you can meet and chat with your physical therapist about your treatment plan. Additionally, you can view the exercises and stretches that you are expected to complete each day and log your advancement through your treatment plan.

For more information on our telehealth services and how they may benefit you, feel free to call us at **903.389.7433** *(Fairfield)* or **903.874.7433** *(Corsicana)*!

EARLY CHRISTMAS SHOPPING?

WE'VE GOT YOU COVERED!



Stop by and grab a gift certificate for a gym membership for your loved one and we'll wrap it for FREE!

Membership rates as low as $25 per month!



RELIEVE YOUR SPINAL STENOSIS PAINS WITH SPINAL MANIPULATION

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.

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.

HAVE YOU MET YOUR 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.**

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.

NO REFERRAL NEEDED!

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 Lott Physical Therapy can help.

FIND RELIEF TODAY:

Spinal manipulation has had a very positive effect on many of our patients at Lott 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 Lott 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!

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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

INSTRUCTIONS

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.

HEALTHY TIPS FOR THE HOLIDAYS!

1. Shop Well For Yourself. It is more important then ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise. Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No. You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking. Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.



FITNESS ON DEMAND

Think of it as the Netflix of workout videos– Lott Fitness offers online **VIRTUAL FITNESS CLASSES** just for you available 24/7! Learn more at ***lottfitnesscenter.com!***