



**AGEWELL**  
Physical Therapy & Wellness, P.C.

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# RELIEVE YOUR SPINAL STENOSIS PAIN WITH SPINAL MANIPULATION

Read more inside on How Physical Therapy Helps Relieve Pain Associated With Stenosis and 5 Ways To Invest In Your Health Today!

[www.AgeWellIPT.com](http://www.AgeWellIPT.com)



## RELIEVE YOUR SPINAL STENOSIS PAIN WITH SPINAL MANIPULATION

Do you notice your legs getting tired when you stand for more than 5-10 minutes? Are you struggling to walk more than a block or two before your legs start hurting? You may be experiencing spinal stenosis.

At AgeWell Physical Therapy & Wellness, P.C., our physical therapists are skilled at helping you to find true relief and get back to enjoying your life!

Spinal stenosis refers to the narrowing of the canals that are formed by the vertebrae. This narrowing can impinge on the nerves exiting your spine and/or the spinal cord itself. Symptoms often include radiating pain from the back/buttocks down into the thighs and sometimes even to the lower legs.

As stenosis progresses, it leads to weakness and loss of balance, making it challenging to tolerate walking long distances and prolonged standing. Fortunately, physical therapy treatments, such as manual therapy, including spinal manipulation, can help provide pain relief.

**To learn more about how spinal manipulation can help relieve your pain, contact AgeWell Physical Therapy & Wellness, P.C. today!**

### What Is Spinal Stenosis?

The term stenosis means narrowing. Spinal stenosis is most commonly caused by degenerative changes related to aging. Lumbar spinal stenosis is a narrowing of the spinal canal in

the lower part of your back. This narrowing causes pressure on the nerves from your spinal cord through the vertebrae and down into your legs.

With the deterioration of the spinal discs, the canals shrink in size leading to pressure and irritation of the nerves. It is also possible for bone spurs or other types of arthritis to cause stenosis.

One of the classic signs of lumbar stenosis is leg pain with standing and prolonged walking. Symptoms from stenosis are relieved in a flexed lumbar spine position (i.e., bent forward position). People with spinal stenosis typically feel better when sitting, but notice increased pain levels with standing and backward bending.

Unfortunately, as the condition advances, your ability to tolerate activities while standing and walking will become progressively more difficult. Many people are fearful of the persistent nature of the condition, but the good news is that spinal stenosis responds very well to exercise and targeted manual therapy.

**Get Your Life Back with  
AgeWell Physical Therapy**

*Give us a call today at (516) 488-8808  
or visit [www.AgeWellPT.com](http://www.AgeWellPT.com)*

**Call (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!**



## HOW PHYSICAL THERAPY HELPS RELIEVE PAIN ASSOCIATED WITH STENOSIS

Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to ensure it is at its peak level of health and function.

Our highly trained physical therapists will start with evaluating your mobility, strength, and balance to identify all the factors contributing to your condition. We will use this information to develop a comprehensive program that includes targeted manual techniques like manipulation, which have been shown to improve pain and function.

Spinal manipulation is defined as low amplitude, high-velocity thrust delivered to the spine using a specific contact point to provide mobility to the joint. These manipulations help relieve pressure on joints, reduce inflammation, and improve nerve function. It is a gentle, hands-on form of manual therapy that focuses on enhancing spinal function.

Your therapist will design an exercise program based on the techniques that have been shown in the research to be the most effective at alleviating pain and improving function. This typically includes mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

### What To Expect In Physical Therapy

Our physical therapists can help you restore more natural movement to your spinal joints, improve your muscle flexibility, improve your core muscle strength, and educate you on posture and prevention techniques through our advanced treatment methods.

Essentially, we can help you do more with less pain. Our patients

experience a significant reduction in pain and improvement in daily activities after just a few short weeks of treatment.

If you are looking for a safe and effective treatment method for treating your back and leg pain and figuring out what you can do to find relief, physical therapy could be the solution you've been searching for!

### Call Today To Schedule An Appointment

Treating your pain early through physical therapy techniques such as spinal manipulation can help manage your discomfort and keep it from worsening. Don't live within the limits of your pain – relieve your pain instead. Contact AgeWell Physical Therapy & Wellness, P.C. to schedule an appointment with one of our highly trained physical therapists and begin improving your spine health today!

Sources:

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**Let's Get You Back To Feeling Your Best!**

Scan the QR code above or call us at (516) 488-8808  
to schedule your next appointment!

# 5 WAYS TO INVEST IN YOUR HEALTH TODAY

## 1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

## 2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

## 3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim



red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

## 4. Have A Primary Care Physician.

Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

## 5. Pay Attention To Your Mental State Of Being.

Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>



*"AgeWell is a great facility. Their evaluation of the type of therapy you will need for your condition is very accurate. They keep you on track and the staff gives you their undivided attention while they work with you. The staff is not only very helpful, but also very friendly. I highly recommend AgeWell."*  
- 5-Star Review



## WE NEED YOUR HELP!

Would you take a moment to share your AgeWell experience on our [Google Review page](#)? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!

## WE'VE BEEN VACCINATED!



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

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