



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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IS THE PAIN IN YOUR HIP POSSIBLY SOMETHING MORE THAN BURSITIS?

That ache in your hip may be telling a bigger story than you think. The greater trochanter of the thigh bone, which is the bone on the hip that you can feel and sometimes may hurt, has multiple muscle attachments which the trochanteric bursa helps to protect from damage. While hip pain in that area is commonly associated with trochanteric bursitis, this is often misdiagnosed and can lead patients to believe that ice, rest, and medication could be their only option for treatment. Lateral hip pain is more frequently associated with tendinopathy and requires more of an active approach to rehabilitation. There are also little changes you can make to impact your everyday habits to assist in off-loading the gluteal tendons, reduce pain, and build the strength of the muscles to improve endurance overtime. Physical therapy can help patients by building exercise programs to target weakness of the glutes and surrounding hip muscles, and to decrease muscular imbalances, therefore reducing compensations that patients often have built up over time. Give us a call today if you have experienced any pain in the hip, and let us help get you back to what you love, without letting pain get in your way.

AROUND THE CLINIC:

The weather is getting really nice and it is important to remember how to keep cool as the temperatures increase. The hottest times of the day is from 1-3 pm. This is also the time that the sun is the hottest and the heat UV index is going to be the highest. Try to limit time outside during this time frame. If you do need to be out in the heat during this time of day, remember to drink lots of water and take breaks; either in the shade or inside, out of the heat if possible. It is also important to wear clothing that is sweat wicking and breathable. Finally, do not forget that outdoor activities are good for us, but making good choices to keep yourselves safe and hydrated are the keys to fully enjoying our beautiful surroundings. Happy Summer and also, Happy Father's Day to all the Fathers out there!

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Spotlight Diagnosis of the Month

Diagnosis: Lumbar Disc Bulge

What is it?

A bulging disc is when the inner gelatin like portion of the disc pushes into the outer fibrous rings of the disc and create a “bulge”. It’s important to note this is not the same as a herniated disc. The specific cause of a disc bulge can vary widely and is often unknown. This anatomic presentation is very prevalent in asymptomatic (those without pain) as well as symptomatic individuals. When looking at research, the prevalence of bulging discs in subjects in their 20s is often over 30% of those assessed. With newer studies which have access to modern, higher strength MRIs, the prevalence of disc bulges is usually higher. As expected, this prevalence only increases with age, but again, this is just in individuals without pain. The point of this is to clarify that bulging discs are very common and not necessarily correlated with pain on their own.

Common Symptoms:

The symptoms from this can vary widely. Oftentimes, a bulging disc can be an incidental finding on imaging and not related to one’s back pain at all. If pain is related to the disc bulge it will usually take the form of nerve pain radiating down the leg. This is due to impingement (pinching) on the spinal nerve roots as they exit the spinal column. Positions that put more pressure on the disc, such as forward bending (bending forward at the waist), are often painful. This can vary widely though and the presentation is often specific to the individual.

How Physical Therapy Can Help:

An individual with a bulging disc would have similar treatment to other types of low back pain. This will vary based on whether the disc bulge is the primary cause of pain or present without being a contributing factor. Therapy should be personalized to the specific limitations of the patient. Discs can and do heal over time. Those with a worse pathology (herniation or sequestration) may take longer to heal. A disc herniation and/or sequestration can heal spontaneous over the course of a year, but sometimes require surgery to provide relief. The greatest takeaway with bulging discs, and low back pain in general, is that movement and exercise are the most indicated and have the best evidence for intervention.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

***Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee. ***

