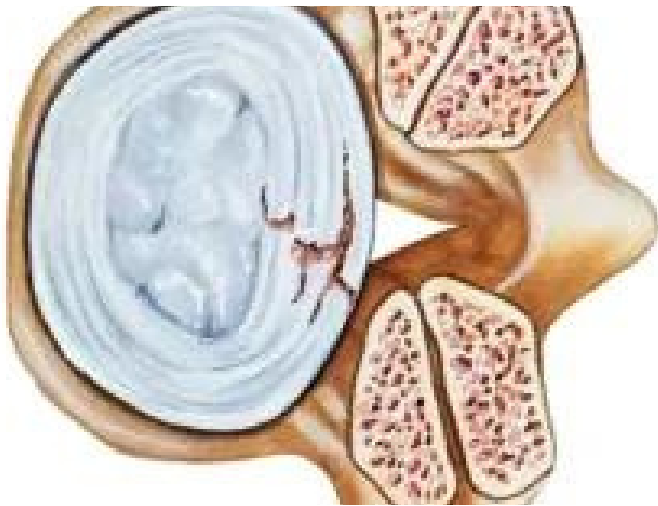


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# STAY IN THE GAME



Newsletter for all our Form & Function Family



## Spinal Stenosis Treatment? What is it and who needs it

### UNDERSTANDING THE SPINE

Your spine has many nerves that transmit muscle commands and take sensory information to the brain. The spine also has small holes where the nerves exit, and there is one of these on each side at each level. One hole is called a foramen and the plural of that is foramina. The foramen is shaped like a tunnel that the spinal nerve must go through. The disc between the spine bones can bulge and or the spine bones can get arthritis causing the foramen to narrow. Narrowing of a tunnel is called foraminal stenosis, and the nerve can get pinched. This pressure can cause muscle tightness, weakness and/or numbness, tingling and pain in this specific distribution of that nerve.

**Stenosis** can occur at any level of the spine. If there is narrowing in the space of the neck, that may cause symptoms in the thumb or biceps, while narrowing in the lower back can cause symptoms in the big toe or hamstring.



### OVERVIEW:

- Spinal Stenosis Treatment?
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

There is also a condition called **central canal stenosis** that can cause a narrowing of the space of the spinal cord. The spinal cord is a bundle of nerves that comes out of the base of the brain and runs down the center of the spine called the central canal. Central canal stenosis can be **more serious**, and compression of the neck can cause significant problems throughout the body including loss of strength in the legs.

The most common area to develop spinal stenosis is the lower back and neck.

The odds of developing spinal stenosis **increase with age** as the natural space and cushion of the disc begins to diminish as the water content of the disc begins to decrease. This process is called disc dessication, or “drying out”. There are younger people who can develop stenosis, however there is usually a trauma that started the process or, they may have acquired stenosis due to congenital factors (they are born with a narrow spinal canal)

People that have spinal stenosis often complain of pain while walking, standing, or extending or back bending of the lumbar area.

Oftentimes, sitting or flexing(bending forward) may relieve symptoms. The flexed position “opens up” the spinal column, enlarging the spaces between vertebrae at the back of the spine.

**Surgery** can be performed to increase the foraminal space and give the nerves some room, however there are significant risks involved in spinal surgery. The preferred method is to perform conservative treatment to solve these issues in the hopes of avoiding surgery altogether. While it is true that stretching and strengthening exercise may not restore space or reverse stenosis, it is also true that **not all symptoms people feel that caused them to end up with the diagnosis of stenosis are caused by stenosis itself.**

When there is a painful condition, commonly muscles will spasm and tighten, which causes two problems.

**1)** Tight, tense and contracted muscles have poor blood supply. Think about making a fist on one hand and leave the other hand relaxed. If you look at the knuckles of the flexed hand they are white, meaning there is limited blood flow, oxygen, and nutrition to the tissue. Over time, those tissues ache to bring your conscious attention to the problem (for you to do something about it).

**2)** These tight muscles cause compression to the structure, which causes a few problems. More compression means less space, which can cause more nerve irritability. More compression can simply cause pain to the local structure like the disc, and the outer 20% of the disc has nerves that send pain signals too.

**SUPER SALE**

**Greatest Promotion Ever!**

CELEBRATING OUR 9TH YEAR

**\$35 Initial Evaluation**  
**(regularly \$200)**

We've Come A Long Way Thanks To You.  
Hurry. This offer ends January 31st.  
When the schedule is full, it's over.

## SO WHAT CAN BE DONE, IF NOT SURGERY? AND... WHAT DOES SUCCESSFUL TREATMENT LOOK LIKE?

The first, and most important step is to get into the hands of someone who understands how to treat these conditions. Basic levels of PT or Chiropractic may give some relief, but they have just as much chance of making things worse. If you are issued exercises that look like they come from a protocol that has been run through a copy machine hundreds of times, you are not likely to get the outcome you are looking for.

Personalized care that assesses your current level and tolerance to exercise, movement, and manual therapy is the most important skill when starting your treatment. Knowing when to do something and more importantly when not to do something is key.

Manual skills to relax tight muscles that cross the joints that are compressed, in conjunction with some type of traction, whether manual or mechanical is almost always indicated. Traction is a form of decompression therapy to give space to compressed nerve roots. We frequently use technology to accelerate healing as well.

Our go to modalities to assist in recovery are cold laser, and pulsed electromagnetic field therapy. Other frequently beneficial treatments for stenosis are massage, cupping therapy and acupuncture.

Generally, there are many mobility exercises that are beneficial, but strength training for the core to support the structure of the spine is commonly overlooked when treating stenosis. Mobility work tends to work better to improve symptoms, but neglecting muscular strength is a recipe to cause progressive worsening of the condition, because muscle is the biggest shock absorber of the joint.

Most people are discharged from treatment far too soon because if treatment was successful at reducing symptoms, people think the lack of pain is the cure to the problem, when there are a few more stones to turn to ensure the symptoms don't return.

If you are experiencing a lack of progress in physical therapy, don't get discouraged.



Trevor Field is a physical therapist in Rancho Cucamonga, California, and owner of Form and Function Physical Therapy specializing in treatment of adolescent athletes, and has developed programs for ACL injury prevention and recovery, Throwing specific assessment and treatment in baseball and softball, sports performance enhancement, and more. To learn more, go to [www.FormFunctionPT.com](http://www.FormFunctionPT.com)

One of the powerful ingredients in Formula two is **Broccoli Sprouts Freeze Dried** and we are highlighting this because it functions to:

- Decrease inflammation in joints and throughout the body by activation of the NRF2 Pathway which activates 200 genes that: control inflammation, increase anti-oxidants, and elimination of toxins such as benzene. 1,2
  - Decrease activation of MMP's, which are enzymes that destroy cartilage. 3,4
  - Increase Chondrocyte production of new cartilage.
  - Many other health benefits such reducing cancer rates. 5+
- servings/week of broccoli (or other cruciferous vegetables) had decrease cancer rates by 40 to 60% depending on the type of cancer. One serving is about ½ cup of broccoli. Broccoli sprouts have 100x more of the active component called sulforaphane. The amount of broccoli sprouts in JNC is about equivalent to 1 serving of broccoli.

## Product We Love

### JNC Formula #2



Click image  
for link

# Health Tip & Trick: Living a better life in 2023

By Trevor Field

## My 1 tip to living a better life in 2023

- **Start the day by working on yourself**
  - **Wake up at 6 am**
    - Research has proven that those who wake up early have shown better mental health symptoms. They are optimistic, satisfied and feel positive about situations.
  - **Do a 30 min workout**
    - However, 30 minutes of exercise is more than enough time to get in a great workout.
  - **Spend 30 min reading**
    - It can even improve memory and critical thinking skills. And activities like reading have been linked to a lower risk of Alzheimer's disease
  - **Allocate 30 min to writing**
    - It improves your memory, builds vocabulary, and refines your communication skills. Not to forget that writing can be very relaxing, especially if you lead a busy and stressful life.

## Patient Spotlight: Ken Bisson



Our patient Ken Bisson is this month's patient spotlight and he is the perfect way to launch this year's first newsletter!

Ken found his way into our clinic looking for help with his essential tremor. An essential tremor is a nervous system (neurological) disorder that causes involuntary and rhythmic shaking.

Many of the conventional treatments for this involve medications that come with harsh side effects. When Ken came to us we opted for a more cutting edge approach and started him with treatment with our Electrons Plus device. He started to see results immediately and has come to us almost weekly and each time has built on the progress he's made while using Practitioner guided Pulsed Electromagnetic Field therapy.

PEMF has been a tool that a variety of conditions have benefited from in our clinic and if you're interested to see if you're a good candidate call our office (888)619-2885



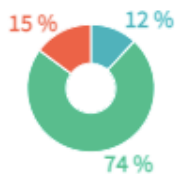
# Recipe We Love: *Ginger Chicken Poke*



## NUTRITION INFORMATION

**813 CALORIES PER SERVING**

Serving Size: 1 bowls



- 11g Fat
- 150g Carbs
- 30g Protein

	% DV*
<b>Total Fat</b> 11g	<b>15%</b>
Saturated Fat 0g	
<b>Cholesterol</b> 27mg	<b>8%</b>
<b>Sodium</b> 499mg	<b>20%</b>
<b>Carbohydrates</b> 150g	<b>75%</b>
Dietary Fiber 9g	
Sugars 4g	
<b>Protein</b> 30g	<b>19%</b>

## INGREDIENTS

### SERVES 3

- 3 cups Black Rice
- 2 cups Cooked Skinless Chicken Breast
- 1/4 cup Onions, Green, Raw
- 1 tbsp Minced Garlic
- 1 tbsp Tamari Sauce
- 1 tbsp Oil, canola
- 1 tsp Oil, canola
- 1 1/2 tsp Organic Grated Ginger
- 1/4 btl Water, Orange Blossom
- 1/2 cup Seaweed Salad

## DIRECTIONS

- 1 Mix tamari, garlic, ginger and 1 tsp oil with chicken; let marinate 5 minutes
- 2 Add remaining 1 tbsp oil to a pan over med-high heat and cook chicken until firm, approximately 7-8 minutes.
- 3 Mix rice with a dash of orange blossom water and place in serving bowls
- 4 Place chicken on top of rice and scatter green onions over
- 5 Place seaweed salad next to chicken