

Jorge's Recipe Corner:

Winter Squash and Sage Sausage Chili

- 1 lb. bulk sage sausage or your favorite sausage
- 1 15-oz. can cannellini beans, drained
- 1 12-oz. pkg. frozen winter squash puree, thawed
- 1 cup chunky-style chipotle salsa or other salsa
- 1-1/2 cups water
- 1 3.5-oz. pkg. herb-flavored goat cheese, crumbled
- Fresh Sage (optional)

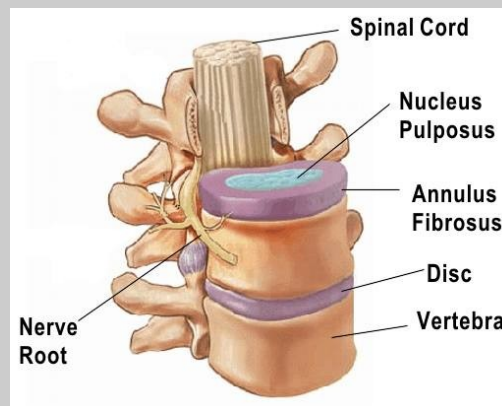
Directions

In large saucepan cook sausage over medium heat until brown and no pink remains, stirring to break up; drain fat. Stir in beans, squash, salsa, and water. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes, stirring occasionally. Serve in bowls; sprinkle goat cheese and fresh sage. Makes 4 servings.

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What is a Disc Herniation?

There is a common misconception that when your doctor tells you that you have a "disc herniation" that injections and surgery are the only options for the treatment of your pain. So what makes a disc herniation painful? First we must consider the anatomy. A disc consists of two main structures, the outer fibrous part (the annulus), and the inner, more aqueous part (the nucleus).



The nucleus, which is 98% water has the main function of providing nutrition to the vertebrae and to guide motion. The annulus' main job is to use its ligamentous properties to maintain the nucleus in place, and together with the nucleus, maintain the vertebral spaces for the nerve roots to be free to control your arms or legs. The annulus presents with many capillaries and nerve endings, which if disturbed can cause inflammation and pain. A disc "bulge" or "protrusion" will occur when the annulus "stretches" out and allows the fluid of the nucleus to diffuse outward. Although the nucleus is still contained and not "herniated," a disc protrusion can cause pain through the constant stretch being placed on the annulus. A disc "herniation" is an actual rupture of the annulus where the nucleus will migrate beyond the restraints of the annulus. Disc herniations are typically painful at the moment of the tear and linger due to the swelling that will develop local to the tear. Pain in the leg may occur if the nucleus applies pressure to the nerve root at the level of the herniation. Within 4-6 weeks following a herniation, the annulus will heal and the body will gradually reabsorb the herniated portions of the nucleus.

See "Disc Herniations" on other side

OTS Turns 21!

Orland Therapy Specialists will be celebrating the 21st Anniversary of our first patient on March 16, 2011. We are a private Physical Therapist owned practice, founded by Scott Nye, PT in 1990 and have been proudly serving the community ever since. We would like to thank all of our patients over the years for continuing to choose OTS as their provider for Physical Therapy services!

Did You Know?

If you stub your toe, it takes only 1/50th of a second for your brain to register the pain.

Your brain weighs about three pounds and all but 10 ounces of it is water.

Our bones are about four times stronger than steel and they can endure 24,000 pounds of pressure per square inch.

When we breathe, the air passes through our nose at about 4 miles per hour and we breathe roughly 400 gallons of air every hour.

Regular exercise helps reduce risk of cancer. Physical activity seems to improve the body's antioxidant defense systems and to strengthen other immune defenses to protect against cancer.

In the course of a lifetime, the resting heart will have pumped enough blood to fill 13 super-tankers.

There are 206 bones in the human body. One fourth of them are in your feet.

If the 300,000,000 tiny air sacs (alveoli) in your lungs could be laid out flat, they would cover a home swimming pool.

If all 600 muscles in your body pulled in one direction, you could lift 25 tons.

OTS Birthdays:

February:

- Teresa (Reception)
- Kim (Office)

Tips for Staying Well this Winter

FALLING ON ICE: PREVENTION AND PROTECTION TIPS

Safety Tips: It's important that individuals recognize the hazards of slippery surfaces. Here are helpful hints from winter-safety experts that will reduce the risk of falling when slippery conditions exist:

1. Wear boots or overshoes with soles.
2. Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads.
3. When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible.

Falling Safely: Sometimes slipping on ice is unavoidable. Knowing how to safely fall can reduce your risk of fall-related injury.

1. If you feel yourself falling, do not stick your arm out to brace yourself for impact. This can cause a wrist, elbow or shoulder injury.
2. Lean towards the side you feel yourself falling to. If you lean away you increase the chance of a head injury or landing with a greater impact on a single structure, like your hip.
3. When falling, attempt to make yourself as small as possible by rolling up into a ball.



SNOW SHOVELING SAFETY

Last year, over 100,000 people sought medical attention after injuring themselves while shoveling snow. Here are some helpful safety tips to prevent injury:

1. Shoveling can be a vigorous activity. Before you begin, warm-up your muscles for 10 minutes with light exercise. Take frequent breaks and ask for help if needed.
3. Do not use a shovel that is too heavy or too long for you.
4. Try to push the snow instead of lifting it. If you must lift, squat with your legs apart, knees bent, and back straight. Lift with your legs. Do not bend at the waist. Hold your arms close to your body.
5. Do not twist and throw the snow to the side. Use your feet to turn to the direction you want to place the snow. Lifting and twisting can cause a lot of pressure on your spine and the surrounding muscles.

"Disc Herniations" continued from page 1

In a study published in 2003, it was documented that at any given time, 39% of the American population has a disc herniation and will be without symptoms. In many cases, it is difficult to determine how recent a herniation is on an MRI; therefore, making it difficult to conclude if a particular injury caused the herniation. The disc herniation may have been present all along, with a recent injury causing a muscle strain and inflammation, causing pain.

These cases can best be managed conservatively, rather than operatively. In fact, multiple research studies have shown that conservative, non-operative management of low back pain, including a disc herniation, is the best form of care for patients with low back pain. If you have any questions regarding your neck or low back pain, or feel that Physical Therapy may help you with your limitations, consult your Physical Therapist.