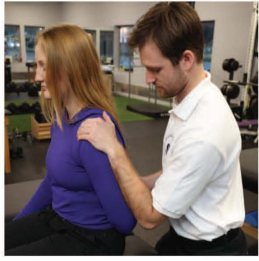


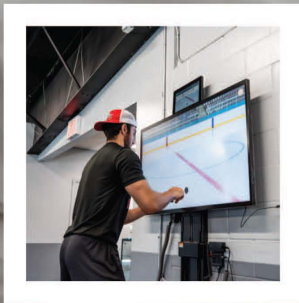
Preventing Spinal Degeneration  
PG. 1

Natural Treatments  
PG. 2



We Are Coming To Your Office  
PG. 3

Good Things In Store  
PG. 4



Senaptec Baseline Concussion Testing  
PG. 5

Visit Our Partners  
PG. 6

# DISC RISK

In this month's Newsletter, we discuss spinal disc issues. Various factors such as aging, injury, poor posture, or repetitive stress can lead to disc-related issues. While symptoms include back pain, neck pain, stiffness, numbness or tingling, and limited mobility, you don't have to live in pain! Learn about decompression therapy, a non-invasive treatment method aimed at relieving spinal pressure by gently stretching your spine.

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APRIL NEWSLETTER

W W W . T H E S T R E T C H C E N T E R . C O M



# Preventing Spinal Degeneration

## Naturally treat and prevent disc-related spinal conditions

April 2024 Monthly Email/Newsletter from Midland Sports Rehab, Freeland Sports Rehab and the Stretch Center.

### Spinal Discs

Disc issues refer to problems that occur within the spinal discs, which are the soft, gel-like cushions located between the vertebrae of the spine. These discs play a crucial role in providing support, flexibility, and shock absorption to the spine. However, various factors such as aging, injury, poor posture, or repetitive stress can lead to disc-related issues.

### Signs and Symptoms

Symptoms of disc issues can vary depending on the severity and location of the problem. Common symptoms include back pain, neck pain, stiffness, numbness or tingling sensations in the extremities, weakness, and limited mobility. Disc issues may arise due to herniation, where the outer layer of the disc ruptures and the inner gel-like substance protrudes, pressing on nearby nerves. Degenerative disc disease, which involves the gradual deterioration of the discs over time, can also contribute to disc-related problems. Additionally, trauma from accidents or injuries can cause disc issues by damaging the structural integrity of the discs.

### Treatment Options

When it comes to treating disc issues, various options are available depending on the severity of the condition. Conservative approaches such as rest, physical therapy, and pain management techniques may be recommended initially. Decompression therapy is a non-invasive treatment method aimed at relieving pressure on the spinal discs by gently stretching the spine. This technique can help alleviate pain and promote healing by allowing nutrients to flow into the affected area. Chiropractic care is another alternative that focuses on spinal alignment and manipulation to reduce discomfort and improve overall spinal health. Chiropractors may use techniques such as spinal adjustments, mobilization, and therapeutic exercises to address disc-related issues and restore proper function to the spine.

**“Decompression therapy is a non-invasive treatment method aimed at relieving pressure on the spinal discs by gently stretching the spine”**





**At Midland Sports Rehab and Freeland Sports Rehab, we offer comprehensive care tailored to address spinal disc problems. Our range of services includes chiropractic care, physical therapy, and decompression therapy, among others, which are all designed to target and alleviate symptoms associated with spinal disc conditions. With a dedicated team of skilled providers, we guide individuals through the complexities of disc injuries, offering personalized treatment plans and compassionate support throughout the healing process. Whether you're experiencing back pain, numbness, or limited mobility due to disc issues, our clinic is committed to delivering evidence-based solutions that promote spinal health and enhance your overall well-being. By prioritizing natural treatments and utilizing cutting-edge practices, we empower our patients to regain function and enjoy a better quality of life. Schedule an appointment with Midland Sports Rehab and Freeland Sports Rehab today to take the first step towards relief from your spinal disc problems.**

**"We empower our patients to regain function and enjoy a better quality of life"**

*A Note From Dr. Shane...*

*"Chiropractors treat a variety of musculoskeletal conditions and are an excellent choice for conservative care treatment. Chiropractic care focuses on restoring proper function within the body to allow people to live active, pain free lives."*





# We Are Coming To Your Office!

Bring Stretch Center to your workplace for free assisted stretch sessions and/or educational wellness talks!

## Assisted Stretching

Our certified Stretch Therapist utilize a proprietary technique to enhance flexibility, improve range of motion, increase circulation, manage pain, and improve posture. Unlike solo stretching where an individual relies solely on their own efforts, assisted stretching involves the assistance of a Stretch Therapist who understands the subtle differences between tissues causing restrictions, giving you a better and more effective stretch.

## Company Stretch Events

Our company stretch events are intended to promote employee health and well-being. We recognize the physical toll that work can exert, whether you're at a desk or engaged in physically demanding tasks. That's why we offer the convenience of on-site stretch events where our experienced professionals will come to your office to provide employees with rejuvenating 20-minute stretch sessions. To ensure a seamless and personalized experience, we distribute a pre-event schedule, enabling employees to handpick their ideal stretch time slots. Then, on the day of the event, all that's left for you to do is sit back, relax, and get stretched! These events work great for company wellness days and/or employee appreciation days!

Contact us for more information and to set up an event today!

# GOOD THINGS IN STORE

## Free Youth Injury Screens:

We offer FREE injury screens for children aged 6-18 years old. These screens typically involve a series of tests and evaluations aimed at identifying any weaknesses, imbalances, or predispositions to injury in the musculoskeletal system. By conducting these test, professionals can tailor training programs and rehabilitation efforts to help treat your athlete and get them back into their sport.

MIDLANDSPORTSREHAB.COM



# FREE Injury Screens

Ages 6-18



Visit our website!

## EVENTS & HAPPENINGS

The Tri-City area houses several places that allow us to get active within the community.

### **Midland Area:**

#### **Fast & Furriest 5K**

- April 27th: 7:30-9:30am, Midland City Forest

### **Freeland Area:**

#### **April Kade 8K Run/Walk**

- April 20th: 10am, Freeland Sports Zone

#### **Walleye Fest 5K/10K**

- April 28th: 9-10am, Freeland Sports Zone

### **Coleman Area:**

#### **Run Michigan Cheap**

- April 20th: Pere Marquette Rail Trail

### **Mount Pleasant Area:**

#### **National Crime Victims' Rights Week 5K Run/ 1 Mile Walk**

- April 20th: 8:45-10am, Island Park



## CALL TO BOOK AN APPOINTMENT!



We are offering  
Massage Therapy  
on Saturdays! Call  
to book an  
appointment.



# Senaptec Baseline Concussion Testing

Using the Senaptec Sensory Station, baseline concussion tests can be performed and used in the event of a suspected concussion. The baseline concussion “pre-test” evaluates your reaction time, hand-eye coordination, depth perception, and more! Following a head injury, these baseline results assist healthcare providers in identifying concussions by comparing them with post-injury test results.



**Senaptec Sensory Training can also be used to speed up concussion recovery!**

## **After a brain injury/concussion there is often changes in visual functions...**

- Blurred vision
- Loss of peripheral vision
- Double vision
- Difficulty with visual attention
- Decreased hand eye coordination
- Difficulty changing between near and far vision
- Difficulty with cognitive tasks that rely on visual processing

The Senaptec Sensory Station can assess each of these conditions and lay out your specific strengths and weaknesses. From there, an individual rehabilitation program is created to help get your athlete back in the game.

# Visit Our Partners

# MORLEY®



X  
X  
X  
X



## It Is Winter Wellness Season!



APRIL KADE (1979-2018)  
MOTHER - WIFE - RUNNER - DAYCARE PROVIDER

**SATURDAY,  
APRIL 20TH  
10AM**  
FREELAND SPORTS ZONE

**\$30**  
-UNDER 10 FREE-

APRIL 28 • FREELAND



**SPONSORSHIP  
OPPORTUNITIES  
AVAILABLE!**

**UNITED FINANCIAL  
WALLEYE  
RACE  
5K • 10K**



