

NEWSLETTER

OCTOBER 2021

I THINK I MAY HAVE SCIATICA

How Can I Find Relief?

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Sciatica, also referred to as "lumbar radiculopathy" is a pain that typically radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks, making it the largest nerve in the human body. When this nerve becomes irritated, pain ensues, and it is usually felt in the lumbar area and behind the thigh.

The pain can also radiate to the lower limbs, making it difficult to bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by a back injury or disc degeneration, as well.

If you have been suffering from lower back pain, or pain that radiates down to your buttocks or even down your legs, don't hesitate to contact Hands On Physical Therapy today. We'll provide you with the relief you need to live life comfortably once again!

UNDERSTANDING SCIATICA TREATMENTS:

Sciatica is diagnosed through a physical examination and an evaluation of medical history. A CT scan or MRI may also be performed, in order to locate the root cause of sciatica. According to Move Forward PT, "Conservative care like physical therapy often results in better and faster results than surgery or pain medication." Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain
- Improving motion
- Increasing strength
- Improving flexibility

- Educating you on how to stand, bend, and twist
- Returning to normal activities

Stretching and strengthening exercises are key to treating sciatica pain. Many exercises can help strengthen the spinal column and the supporting muscles, ligaments, and tendons. Most of these back exercises focus not only on the lower back, but also the abdominal (stomach) muscles, gluteus (buttock) muscles, and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

Stretches for sciatica are designed to target muscles that cause pain when they are tight and inflexible.

Hamstring stretching is almost always an important part of a sciatica exercise program. Most people do not stretch these muscles, which extend from the pelvis to the knee in the back of the thigh, in their daily activities. Targeted stretches can help loosen up tight muscles and improve elasticity, thus easing pain caused by sciatica.

Continued inside.

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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

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Continued from outside.

WHAT CAN I DO ON MY OWN?

There are some common home remedies you can try, to help ease some of your sciatica symptoms. For example, alternating with ice and heat compresses, or sleeping with a pillow between your knees can help alleviate some pain and stiffness. Sitting in a reclining chair can also help provide some relief, as it redirects the pressure from your lower back. Going for a walk or taking part in other gentle exercises can also help in getting your body moving so it doesn't become too tight.

These are some commonly used at-home treatment methods for pain management, but they unfortunately do not always work. If your home treatments are having little-to-no effect in reducing your pain and restricted motion, or if your symptoms persist for more than a week without improvement, you should seek the aid of a physical therapist. If your symptoms worsen, be sure to consult with your primary physician. Physical therapy can provide you with the treatment you need to alleviate your aches and pains.

HOW DO I GET STARTED?

If you believe you may be living with sciatica pains, contact Hands On Physical Therapy today to schedule a consultation with one of our experienced physical therapists. We will determine your diagnosis before creating your treatment plan. The main stages of your plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion. We will spend one-on-one time with



you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact Hands On Physical Therapy for relief. We'll provide you with an individualized treatment plan to help you get back to your normal life as quickly as possible.

Put your back pain behind you and get back to living your life comfortably by calling us today!

HEALTHY RECIPE: BALSAMIC GRILLED STEAK SALAD WITH PEACHES



INGREDIENTS

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta

INSTRUCTIONS:

1. Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature.
2. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper.
3. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice.
4. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.
5. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47340/balsamic-grilled-steak-salad-with-peaches-recipe/>



PATIENT SUCCESS SPOTLIGHT



"I will never live painless again, and all I care about is keeping mobility. Keeping my mobility means I get to play with my two little girls. Playing with them and being active in their lives is the most important thing in my world. The therapists at Hands On Physical Therapy have made it so my top priority will not hear the words "I can't do that today." These caring, dedicated individuals have helped me keep a promise to my babies that daddy will always keep up with them, I can not thank them enough for their continued care and help. Their staff is truly amazing, every person. Even their front desk guy is awesome, helping me with scheduling because of a crazy work schedule. I can not say enough about the people that make up Hands On Physical Therapy." - **Mark I.**

EXERCISE OF THE MONTH

This exercise helps stretch your back.

REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat 5 to 6 times.



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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

GIVE US A SHOUTOUT!

We want to hear your success story!
Scan the QR Code below to go to our Google Reviews page. We look forward to hearing from you!



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Spots are limited so call today!

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Fuquay-Varina
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919-269-0107

Call to schedule. Expires 9/28/2021