

# NEWSLETTER

*Back Pain or  
Sciatica?*

**PHYSICAL THERAPY  
CAN HELP GET YOU  
BACK IN THE GAME!**



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# NEWSLETTER

## Back Pain OR Sciatica?

**PHYSICAL THERAPY CAN HELP GET  
YOU BACK IN THE GAME!**



Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Hands On Physical Therapy, we can clear it up for you and set you on the right path for relief!

As many as 80 percent of adults in the United States struggle with back pain at some point in their lives. Back pain can start for a variety of reasons. Being in a car accident, bending to pick something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physical therapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Hands On Physical Therapy today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!

### **UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA**

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain is pain that is felt in the lower back or lower back and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or lower back and buttocks.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its characteristics. Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do everyday activities.

*Continued inside.*

[www.hopt-wellness.com](http://www.hopt-wellness.com)

**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**

Continued from previous page.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).

#### HOW PT CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to a physical therapist about your concerns, then now is the time to take action. Working with a physical therapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physical therapy with lower back pain or sciatica, your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

**Education** – Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

**Manual Therapy** – Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

**Exercise Therapy** – Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

Working with a physical therapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physical therapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

**If you're experiencing back pain or sciatica, don't wait. Call Hands On Physical Therapy today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!**

**HO** Hands On  
**PT** Physical Therapy

[www.hopt-wellness.com](http://www.hopt-wellness.com)

Cary  
919-851-0711

Fuquay-Varina  
919-557-2111

Zebulon  
919-269-0107

## 11 QUICK WAYS TO ADD GREENS TO YOUR DIET



It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. These 11 strategies can help make getting more vegetables convenient, simple, and delicious.

1. **Make them more interesting.** Look up new recipes.
2. **Prep ahead of time.**
3. **Get everyone involved.**
4. **Hide them in yummy dishes.** Try making a roasted vegetable lasagna.
5. **Make an omelet.**
6. **Make them portable.**
7. **Slip 'em into smoothies.**
8. **Upgrade starches.** Try alternatives like zucchini fries.
9. **Double up in restaurants.** Simple: Ask your server to skip the potatoes and add another green vegetable.
10. **Make it a mission to try a new one.** Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
11. **Buy them fresh or frozen.** Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.



# EXERCISE OF THE MONTH

Helps to strengthen your back, glutes, and core.

## BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



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



# PATIENT SUCCESS SPOTLIGHT



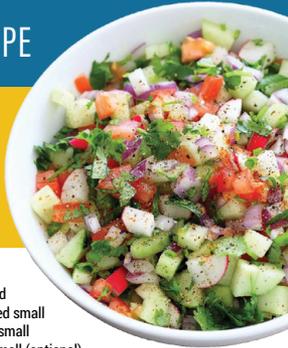
"I found the staff of Hands On Physical Therapy informed, friendly, considerate, and skillful. They helped me greatly to put me on the road to recovery for my hip and back issues." - **Richard D.**

**You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy!**

**Call today for your appointment.**

## HEALTHY RECIPE

### KACHUMBER SALAD (INDIAN SALAD)



#### INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup packed chopped cilantro
- 1/4 tsp or more salt
- 1/4 tsp or more freshly ground black pepper
- 1/4 tsp or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

**INSTRUCTIONS:** Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

Source: <https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

## COME BACK TO PT

**Suffering from aches and pains? Call one of our locations or visit [hopt-wellness.com](http://hopt-wellness.com) to schedule an appointment and get relief today!**

[www.hopt-wellness.com](http://www.hopt-wellness.com)

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

[www.hopt-wellness.com](http://www.hopt-wellness.com)

## COUPON CORNER!

### FREE PAIN CONSULTATION



**WE OFFER 3 CONVENIENT  
LOCATIONS**

**CALL TO SCHEDULE TODAY!**

Spots are limited so call today!

<b>Cary</b> 919-851-0711	<b>Fuquay-Varina</b> 919-557-2111	<b>Zebulon</b> 919-269-0107
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Call to schedule. Expires 4/30/2022