

# NEWSLETTER



## SAY FAREWELL TO YOUR SCIATICA PAIN!

DISCOVER HOW HANDS ON PHYSICAL THERAPY CAN HELP YOU FIND RELIEF FROM SCIATICA!

### INSIDE:

- LAUGHTER IS THE BEST MEDICINE
- EXERCISE OF THE MONTH
- HEALTHY RECIPE: BAKED FALAFEL



# NEWSLETTER



## PHYSICAL THERAPY FOR SCIATICA PAINS

Do you have shooting pains down one leg? If you live with sciatica, you know how uncomfortable it can get. Sciatica is a condition that develops from compression or inflammation of the sciatic nerve. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s).

Fortunately, physical therapy is one of the most effective ways to treat sciatica pains. At Hands On Physical Therapy, our therapists can help you figure out what you are dealing with and resolve it!

Physical therapy treatments can help relieve your sciatica pain and speed up the healing process. It is in your best interest to consult with a physical therapist before symptoms become too severe.

### HOW PHYSICAL THERAPY CAN HELP SCIATICA

When patients begin their physical therapy sessions early enough, they can manage their pain quickly and in a straightforward manner. Targeted stretching and strengthening exercises are vital to treating sciatica pain.

Our physical therapists will also teach you an exercise program you can do at home to manage your pain.

Targeted stretches for sciatica are designed to resolve restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a "directional preference," meaning what helps the patient feel and move better.

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. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically becomes obsolete.

*Continued inside.*

**Cary**  
919-851-0711

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919-557-2111

**Zebulon**  
919-269-0107

[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**

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## WHEN SHOULD I SEE A PHYSICAL THERAPIST?

A good rule of thumb is to come in for a consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be!

If the pain goes from dull to severe or travels further down the leg, there are strong indications that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be and the more likely you will experience weakness in the leg. Sciatica symptoms may include shooting pains down one leg or persistent numbness in the lower leg and foot. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body are signs that physical therapy is needed.

Incontinence may also indicate that your sciatica is getting worse and immediate attention is needed. If your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions. This is very rare, but it is considered a medical emergency where surgery is needed, and if performed within 24 hours of symptoms starting, complete resolution is likely.

## WHAT TO EXPECT FROM YOUR PHYSICAL THERAPY SESSIONS

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings. Typically, the best way to resolve your sciatica pain involves directional preference and strengthening exercises.

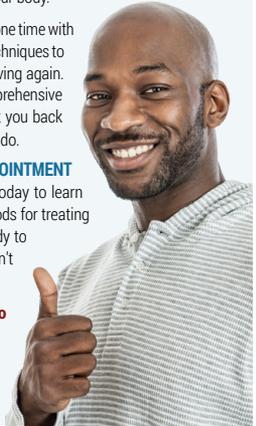
We will start with pain management and restoring mobility to allow you to resume normal activities around your home. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore more vigorous activity and function. Our therapists also incorporate postural corrections and body mechanic instructions to stimulate your job's everyday demands, and the effects recreational pursuits have on your body.

During each visit you will spend one-on-one time with your therapist, who will use hands-on techniques to get the joints, muscles, and nerves moving again. In addition, we will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

## CALL TODAY TO SCHEDULE AN APPOINTMENT

Contact Hands On Physical Therapy today to learn more about our physical therapy methods for treating sciatic aches and pains. If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today.

**We'll get to the root of the issue so you can get back to living your life comfortably!**



## TASTY RECIPE

### BAKED FALAFEL



#### INGREDIENTS

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½ -1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 tbs ground flaxseed
- 1 tbs olive oil

**INSTRUCTIONS:** Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 tbs of falafel mixture into balls. Then flatten into discs and place on baking sheet, evenly spaced. Bake in preheated oven for 20 minutes. Flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

## EXERCISE OF THE MONTH

This exercise can help strengthen relieve the pain of sciatica.

### LOW LUNGE

Start by placing your back leg straight along the ground with your front foot on the ground and your front knee bent to about 90-degrees. Raise your arms straight up toward the ceiling with your thumbs pointing back. Hold for 30 seconds and repeat.



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

# LAUGHTER IS THE BEST MEDICINE

## DID YOU KNOW?

...that laughter is good for your heart? It diminishes stress and boosts the immune system. Even the simple act of smiling has a positive effect on happiness and physical health, helping the heart recover more quickly after stressful events. Smiling and laughter reduce blood pressure and release serotonin and other natural pain killers.

## DID YOU KNOW?

...that laughter's positive effects are instantaneous! Once you start laughing, you immediately feel better because pain is perceived as less intense.

*THESE EFFECTS CAN LAST AS  
LONG AS 24 HOURS SO LAUGH  
AT LEAST ONCE A DAY!*



## 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!

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## "From day one, I was taken care of, above and beyond.

Everyone at HOPT is dead serious about getting their patients well and they make sure you are enjoying it as you go. If you're willing to do the work, the staff at HOPT will get you up and going in half the time of any other facility in the business. They had me recouped from a Total Ankle Replacement in 4 1/2 months. Now top that! Nicest folks you'll ever meet in a relaxed atmosphere. Thank goodness I found out about these guys before I committed to a hospital affiliated physical therapist that had an instructor looking after 4 patients at one time. Been there, done that. If you want the best, go see Mrs. Cathy and Mr. Bernarr Wieggers and their pro staff. You won't regret it. Thanks guys!" -Donny J.

## PATIENT SUCCESS SPOTLIGHT

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.

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!

Cary  
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Call to schedule. Expires 1/31/2023