

NEWSLETTER



**PHYSICAL THERAPY
SOLUTIONS FOR
SCIATICA &
BACK PAIN**

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NEWSLETTER

PHYSICAL THERAPY SOLUTIONS FOR SCIATICA & BACK PAIN



Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to go about your daily routine? You could be suffering from sciatica.

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 normal activities of daily living. While "sciatica" may sound serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

HOW CAN YOU TELL IF YOU HAVE SCIATICA?

Although sciatica is a commonly used term, it may also cause confusion because it is sometimes used to describe any type of back or leg pain. But "true" sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are consistent with a true sciatica.

Not all patients have pain. Some patients experience paresthesias (i.e.

numbness and tingling) along the sciatic nerve's path in the leg and foot. For some, the condition may include weakness in the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

While sciatica pain can be intense, it is treatable. For a lot of people, physical therapy can help to resolve sciatica without operation – often within just a few weeks. Even if you've suffered severe sciatica spawned from leg weakness, bladder changes or nerve issues, there's still hope.

WHAT CAUSES SCIATICA?

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated by disc material that has ruptured. Recent evidence suggests that sciatica is not because of "compression" but a combination of pressure, inflammation and immune system defenses.

In most cases, a physical therapist can help to identify what is causing the condition and how to successfully resolve it. The combination of education and activity modification can help set the stage for a successful outcome.

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**

IS NECK PAIN INTERFERING WITH YOUR LIFE?



Continued from previous page.

THE MOST COMMON SYMPTOMS OF SCIATICA

Sciatica back pain is normally noticed as a pain radiating from the lower back/buttock down the leg below the knee and sometimes into the foot. The dominance of leg pain (more than back pain) is a classic characteristic of sciatica.

The location of the leg pain (i.e. outer calf or back of calf); paraesthesia (i.e. numbness and/or tingling) or loss of sensation, along with weakness and/or reflex changes are all indications of sciatica. Another clear sign is increased leg pain with coughing, sneezing and/or taking a deep breath. If sciatica isn't treated, it can hinder mobility altogether.

HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

If you're experiencing sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and based on the finding provide you with solutions that work.

Education – Understanding exactly what sciatica is and how to manage it can help you be proactive and find a solution for your sciatica. Your therapist knows the solutions that work. Understanding what is going on, and more importantly, what you can do about it, has been shown to be one of the most effective solutions. It seems small but consistently it has been shown to help!

Advice to stay active – It is especially important to stay active early, despite the intensity of the pain that can be associated with sciatica. We know that rest is not an effective solution. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

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.

The McKenzie Method is a technique that has been shown to be effective in identifying movements and positions to provide you with relief and is often used for home exercises.

Spinal manual therapy – Physical therapists often use spinal 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 with the aim of improving 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.



These treatments, hand-picked by professionals, can completely eliminate sciatica over time. If you're experiencing back pain, don't wait. Call one of our physical therapists today and schedule your first appointment to have your condition assessed and your back pain treated, once and for all.

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EXERCISE OF THE MONTH

This exercise helps relieve pain in your lower back.

SEATED PIRIFORMIS STRETCH

Start by sitting up straight with your knees bent and feet flat. Bend your leg and place your ankle across the top of your other knee. Rotate your trunk toward your bent knee and gently pull your knee toward your chest until you feel a stretch in your hip. Hold for 30 seconds.



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

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ARE YOU READY FOR SPRING *Sports*

Is the risk of injury holding you back from participating in springtime activities like pickleball, golf, or tennis? At Hands On Physical Therapy, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place.

Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

However, at Hands On Physical Therapy, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past.

If you need an extra push to get ready to engage in your favorite springtime activity, physical therapy can help.

We don't want you to miss out on getting active this spring. If an injury is preventing you from taking to the field or court, contact our clinic today. We can help provide pain relief and ensure you enter your season, no matter your sport, ready to perform!



DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. (ing it will only go so far!) **Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!**



**ARE YOU LOOKING TO
IMPROVE YOUR SPORTS
PERFORMANCE, GET
STRONGER, FASTER,
AND HEALTHIER?**

**If so, Hands On PT can help
you reach your goals!**

**Call today and make
2024 your year to excel.**

PATIENT SUCCESS SPOTLIGHT



"I limped into Hands on therapy in Fuquay three weeks ago. Thinking my life was over having nerve pain in left leg, due to a bulging disk in my back pressing on a nerve. I was crying, it hurt so bad. I was lucky to get Cathy as my PT. Her magic fingers took control of my sciatic nerve as she massaged me with hot lotion. In a very few visits I learned to walk better and have hardly any pain. My pain level is reduced! It's magic I tell you! Lauren helps me exercise. She's patient and caring. These people have changed my life!"

-J.K.

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!



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COUPON CORNER!

FREE PAIN CONSULTATION

**HO Hands On
PT Physical Therapy**

**WE OFFER 3 CONVENIENT
LOCATIONS**

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 4/15/2024