PT Center
PHYSICAL THERAPY AND SPORTS MEDICINE

NATURAL RELIEF FOR

SCIATICA & BACK PAIN

PHYSICALTHERAPYCENTER.ORG



Sciatica & Back Pain



Meet our Waxhaw Team! Joe, Alyssa, Madeline and Blake (from L to R). They are here to help you with your physical therapy journey!

If you've experienced back pain, and even leg pain, you might have a deeper issue. Your minor aches and pinched nerves could be symptomatic of sciatica. While "sciatica" may sound serious, it's entirely curable.

What Is Sciatica?

Sciatica is pain that radiates alongside the sciatic nerve. This nerve, which branches from your lower back — spanning across your hips, buttocks and legs — can be injured or stressed in several ways. The most common cause of sciatica-related pain is inflammation along the spine, where compressed nerves are aggravated.

While sciatica pain can be intense, it is treatable. A lot of sciatica cases, in fact, can be resolved without operation — and 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 occurs when one of the back's discs are herniated. It can also happen if the spine narrows — an effect called spinal stenosis. As we age, our backs undergo a lot of stress. This stress takes a toll, causing inflammation in several areas. If this inflammation reaches a certain point, it may compress these nerves — resulting in pain.

If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

What Causes Back Pain?

Sciatica back pain is normally noticed as a pain radiating from the lower back. Often, this pain extends to the buttock, spiraling down the leg and extending to the calf. If you're suffering from sciatica, you might feel the discomfort anywhere along this nerve pathway.

The pain itself can be dull, aching or even sharp. In some cases, the compressed nerve may feel like it burns. In other cases, the compressed nerve may simply issue a sharp jolt of pain. Some people experiencing sciatica may experience leg numbness, tingling or weakness. If sciatica isn't treated, it can hinder mobility altogether.

How Physical Therapy Can Help with Sciatica

If you're experiencing sciatica, contact a physician immediately. Medical News Today asserts that over-the-counter painkillers may alleviate pain, but in-depth physical therapy is often needed. Physical therapy can reduce sciatica compression by carefully introducing exercises and relaxing treatments.

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 professionals today, and ask about physical therapy options. Your mobility is important, and your back can be healed.

Sources

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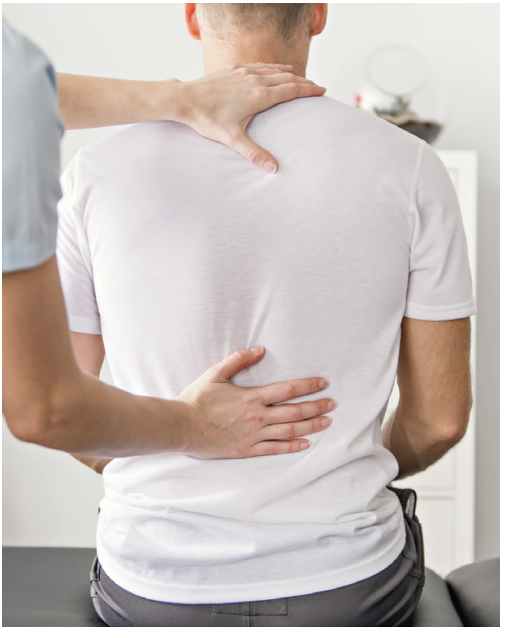
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30 Second Self-Test for Sciatica

Do you have back pain or leg pain with standing or walking?
Do you have a shooting pain in your leg when you stand up?
Do you need to sit down for a minute for the pain to go away?



30 Second Self-Test for Sciatica

1. Sitting on a chair, look down.
2. Straighten one leg, with toes in the air.
3. Repeat for the other side.

What it means: If the leg with pain, numbness, or tingling does not go up as high as the other leg, you likely have Sciatica.

Your next step is to see what is causing the pressure on your sciatic nerve. Call us to schedule an appointment. The Physical Therapy Center can help you relieve your Sciatica pain.



Feel Better By Eating Better!

Roasted Chicken with Meyer Lemons & Potatoes

- 1 whole chicken left at room temperature for 30 minutes, giblets reserved for another use
- 2 tbsp extra-virgin olive oil
- Kosher salt & ground pepper
- 4 Meyer lemons, halved
- 2 lbs baby potatoes, halved
- 2 tbsp thyme leaves, plus sprigs for garnish

Preheat oven to 450 degrees. Arrange chicken on a rimmed baking sheet. Rub with 1 tablespoon oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165 degrees, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.

https://www.marthastewart.com/1520506/roast-chicken-meyer-lemons-and-potatoes

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 847-6351

Waxhaw Location
(704) 843-7000

South End Location
(980) 833-1293

Monroe Location
(704) 283-6700

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PHYSICAL THERAPY AND SPORTS MEDICINE

October Is Physical Therapy Month



October is finally here, and with it comes its share of official "national day" designations, including whimsical days like "National Pumpkin Seed Day." But did you know that the entire month has been dedicated to National Physical Therapy Month? So, as the leaves are turning and you're working on your Jack O' Lanterns, take the time to learn more about the many benefits of physical therapy.

What Is National Physical Therapy Month All About?

For almost 40 years, physical therapy has been celebrated by official proclamation. And since 1992, October is the month for honoring physical therapists and the important role they play in healing people in pain. In the modern era of social media, hashtags like #UsePhysicalTherapy and #ChoosePT have helped spread the word.

Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the better. It also gives physical therapists a forum for spreading the word about the different kinds of treatment patients can receive. Many members of the general public don't realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.

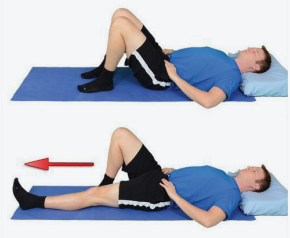
Why Choose Physical Therapy?

If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort, but some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.

Does an official month really matter, given that physical therapists are out there making a difference every day? In many ways, yes! If you or a loved one has been on the fence about giving PT a chance, the many stories you're likely to hear during this month of public awareness may help you to decide. If you have any questions about whether you should #UsePhysicalTherapy, call our office today to discuss your condition and to set up an evaluation.

Transverse Abdominus Activation + Heel Slides

SimpleSet Pro



Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.



Fall Trivia

Call in with the right answers and be entered in for a chance to win a Starbucks Gift Card and a free consultation at your next appointment!

1. Americans refer to this time of the year as "fall," while the British refer to it as _____ .
2. What is the first day of fall called?
3. Is a pumpkin a fruit or a vegetable?
4. Although some varieties are available year-round, what fruit is freshest in the fall?
5. What is the original name for what we now call Candy Corn?