



I THINK I MAY HAVE SCIATICA

HOW CAN I FIND RELIEF?

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call The Physical Therapy Center today at (704) 847-6351

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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 The Physical Therapy Center today. We'll provide you with the relief you need to live life comfortably once again!



Book An Appointment Today!



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.

What Can I Do On My Own To Relieve My Sciatica Symptoms?

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 The Physical Therapy Center 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 The Physical Therapy Center for relief. We'll provide you with an individualized treatment plan to help you get back to your normal life as quickly as possible.



Vegan Peanut Butter Cookies

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping, if desired

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.

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



5 Health Tips For The New Year

- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.
- 4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

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Exercise of the Month Wall Posture



Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit physicaltherapycenter.org to schedule your consultation today!