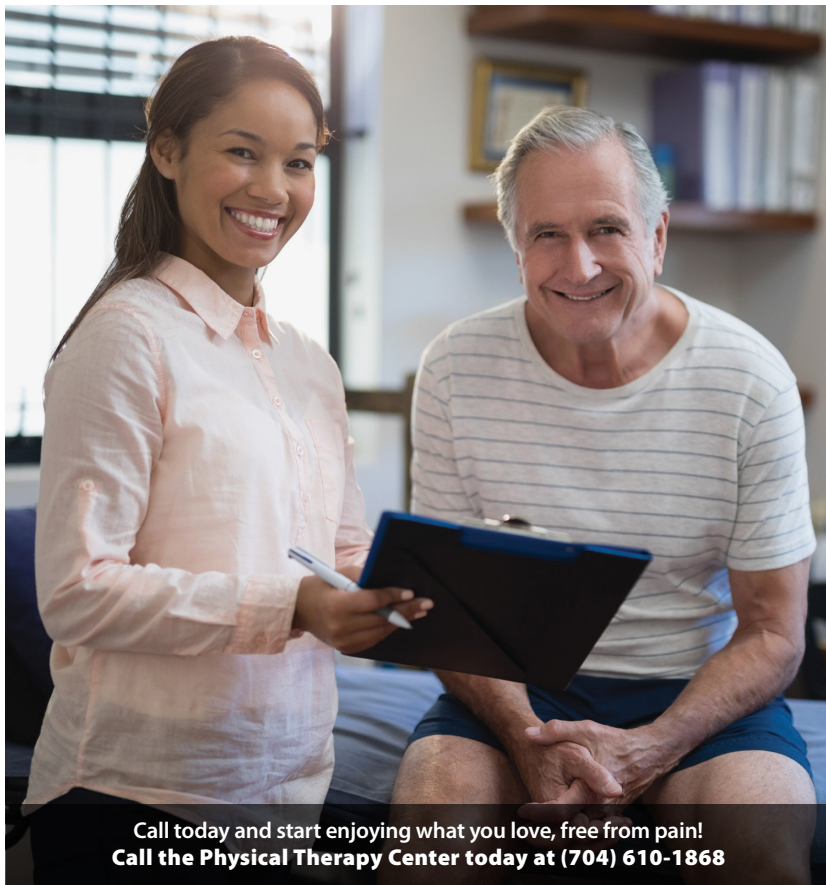




THE DIFFERENCE BETWEEN
BACK PAIN & SCIATICA

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call the Physical Therapy Center today at (704) 610-1868

The Difference Between Back Pain & Sciatica

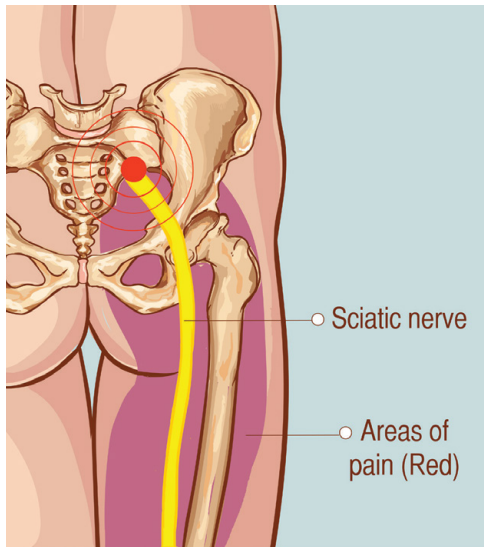
Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at the Physical Therapy Center, 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 the Physical Therapy Center 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 & Sciatica

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 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 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.

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).

Life is too short to be living in pain.

Give us a call today to
set up your next appointment!

How Physical Therapy 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.

1. 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.

2. 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.

3. 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.

Call Our Clinic Today

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

Source
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>
<https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub>

**Has your pain come back? Give us a call or visit
www.PhysicalTherapyCenter.org today!**



Feel Better By Eating Better! | Great Northern Bean Soup

- 1 tablespoon olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 2 carrots, chopped
- 1 stalk celery, chopped
- 4 cups vegetable broth
- 1 large potato, chopped
- 2 bay leaves
- 1 tablespoon dried basil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 pinch ground thyme
- 2 (15 ounce) cans great Northern beans, rinsed & drained

Heat olive oil in a stockpot over medium heat. Cook and stir onion and garlic in hot oil until the onion is tender, about 5 minutes. Stir carrots and celery into the onion mixture. Pour vegetable broth into the stockpot; add potato, bay leaves, basil, sea salt, pepper, and thyme. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer until the vegetables are beginning to soften, about 20 minutes. Stir beans into the soup; continue simmering until the beans are hot and tender, about 20 minutes more.

Get Your Life Back with PT Center

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

Matthews Location
(704) 610-1868

Waxhaw Location
(704) 459-4269

South End Location
(980) 303-3991

Monroe Location
(704) 459-3794



4 Sports Safety Tips For Kids

As a parent, it's normal to be worried about falls and other accidents. Kids are clumsy, rambunctious, and almost always on the move! It's hard not to worry about them getting injured, especially when they play a sport.

With fall sports starting up again, we want to assist you in preventing sports injuries from placing your child on the sidelines. So we've put together a list of preventative measures for keeping your child healthy and active this season!

1. Monitor their diet and nutrition.

Encourage your child to consume a nutritious diet made up of organic, healthy ingredients. Make sure your little one stays hydrated with plenty of water. It's also a good idea to ensure they maintain a steady electrolyte balance.

2. Teach your child to speak up about any pain.

Children may "play through the pain" or not acknowledge common injury signs. These actions may place them at risk for making a relatively mild condition more serious. Recognizing a possible sprain or stress fracture is key to getting immediate care and resolution so that they may go back to play. Teaching your child to address pain and dysfunction early is very important for their overall health.

3. Encourage them to take proper warm-ups and cool-downs.

Children are excited to get into the game and tend to be in a rush to get



into practices — and just as anxious to get out of them when they're finished. However, participating in athletics without first warming up may lead to preventable injuries. A cardiovascular warm-up such as jogging with some gentle stretching may be all that is needed to avoid these issues. After the exercise, a cool down and stretch routine also helps the tissues recover from their workout.

4. Promote safe play.

Even the most physically fit children will get into trouble if they disregard safe play guidelines. Appropriate use of helmets and other protective gear is key — so be sure it fits your child well and is worn correctly.

Featured Exercise Prone On Elbows



While lying face down on your stomach, slowly raise your upper body up and prop yourself onto your elbows. Hold for 30 seconds. Repeat 5 times.

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



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Have you been loving the Physical Therapy Center? **We would love to hear!** Scan the QR code or visit our website at PhysicalTherapyCenter.org to tell us how we're doing!