

NEWSLETTER

March
2021



I THINK I MAY HAVE SCIATICA HOW CAN I FIND RELIEF?

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.

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.
- 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.

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

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What Can I Do On My Own?

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 Agility Physical

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

WONDERING ABOUT YOUR ACHE OR PAIN?

Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!

Covid-19 Precautions

Agility Physical Therapy is focused on keeping our equipment and facilities clean for you. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



**WASHING YOUR
HANDS REGULARLY**



**AVOID TOUCHING
YOUR FACE**



**SNEEZE & COUGH
INTO TISSUES**



**AVOID HUGS OR
SHAKING OF HANDS**



**DO NOT TOUCH
MUCOUS**



**KEEP YOUR DISTANCE
FROM THOSE INFECTED**

FREE PAIN/INJURY ANALYSIS!

**MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE
MORE ENERGY • ENJOY ACTIVITIES PAIN FREE •
BE STRONGER**



***CALL TO SCHEDULE A
TELEHEALTH OR IN-CLINIC
APPOINTMENT TODAY!***

Offer valid for the first 25 people to schedule. Expires 3-31-21

Healthy Recipe

INGREDIENTS

- 2 tbsp olive oil
- 1 lb chicken breast
- 1 medium onion, diced
- 3 large carrots, diced
- 2 celery stalks diced
- 3 cloves of garlic, diced
- 1 medium lemon
(zest & juice)
- 1 handful fresh ginger
- 2 qt chicken broth
- 1 can coconut milk (optional)

IMMUNITY BOOST! LEMON GARLIC CHICKEN SOUP



DIRECTIONS Heat olive oil over medium high heat. Add chicken breast and brown. Then, add onion, garlic, carrots, celery, salt and pepper. Cook for about 5 min, until softened. Add 2 quarts of chicken broth and ginger with the skin on. Bring to a boil, then reduce heat and simmer for 35-45 minutes (the longer you boil ginger the stronger it is). Remove ginger and discard. Remove chicken, then shred and set aside. Add lemon zest and squeeze lemon to taste. Continue to simmer for 15 minutes.

YOU DON'T HAVE TO LIVE WITH PAIN!



DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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Exercise Essentials

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg.



Patient Success Spotlight

"I WAS IN GOOD HANDS AND VERY COMFORTABLE!"

"I cannot say thank you enough for all the help you gave me. I feel your generosity was above and beyond normal. Thank you, again for all you did. I was in good hands and very comfortable." - C.C.



CALL TODAY! 941-484-8107