

NEWSLETTER

AGILITY PHYSICAL THERAPY *Experience the Difference*

November
2021

HOW TO KNOW IF YOU NEED PHYSICAL THERAPY FOR YOUR SCIATICA PAINS

Physical therapy is one of the most effective ways to treat sciatica pains. If you are living with sciatica, you know how uncomfortable it can get. Many people with sciatica describe their symptoms as “shooting pains,” typically down one side of the body.

While sciatica does not always require physical therapy treatments, they can help relieve your pain and speed up the healing process. Because of this, it is in your best interest to consult with a physical therapist before symptoms become too severe.

If you are living with sciatica, or you think you may be experiencing sciatica symptoms, contact Agility Physical Therapy today to discover how we can help.

How can physical therapy help me?

In a study published by Spine, a respected medical journal, physical therapy treatments for sciatica pain were seen to be a highly effective option. When a patient begins their physical therapy sessions early enough, they are able to manage their pain quickly and straightforwardly. Additionally, physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early.

This study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment. The authors attributed the cost-effectiveness of the physical therapy approach

in part to using it as a first line of defense against sciatic pain and back pain. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically become obsolete.

When should I see a physical therapist?

A good rule of thumb is to come in for a free consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be. Sciatica symptoms may include shooting pains down one leg, buttock, or persistent aches and/or numbness in the lower back. Additionally, any dull or piercing aches along the sciatic nerve may be an indication of sciatica.

If pain goes from dull to severe, that is a strong indication that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body that doesn't seem to go away are all signs that physical therapy is needed. Incontinence may also occur as an indication that your sciatica is getting worse – if your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.

(continued inside)

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Our Techniques

PATIENT EDUCATION

Patient education is a primary tool. Knowledge is power and we believe that the greater the understanding our patient has of his/her condition, it's cause, and the recommended treatment, the more likely he/she is to appreciate the plan of care, comply with the plan, and comply with the prescribed home exercise program. Outcomes are much improved when the patient understands: 1) What is the underlying problem; and 2) how we plan to solve that problem?

MANUAL THERAPY

Manual therapy is a very effective modality for treating many orthopedic, soft tissue, spine, and extremity conditions. Manual therapy is a physical treatment primarily used by physical therapists to treat musculoskeletal dysfunction by improving movement and reducing pain; it most commonly includes manipulation of soft tissues, joint mobilization and joint manipulation.

THERAPEUTIC EXERCISE

Therapeutic exercise is the scientific use of bodily movement to restore normal function in diseased or injured tissues or to maintain a state of well-being; called also corrective exercise. As with any type of therapy, a therapeutic exercise program is designed to correct specific disabilities of the individual patient. The program is evaluated periodically and modified as indicated by the patient's progress and response to the prescribed regimen. Exercises affect the body locally and systemically and bring about changes in the nervous, circulatory, and endocrine systems as well as the musculoskeletal system.

GAIT AND BALANCE TRAINING

Gait and balance training is a type of physical therapy that helps people improve their ability to stand and walk and to move with agility on the field or court. One goal of gait and balance training is to prevent falls. Gait and balance training may be recommended after an illness or injury, to help a patient regain independence in walking, even if an adaptive device is needed. Gait training helps strengthen muscles and joints, improves balance, improves posture, develops muscle memory, builds endurance, and retrains the legs for repetitive motion.

PHYSICAL AGENTS

Physical agents are different applications of the following items to reduce swelling, pain, and assist the healing process.

- **Electrical Stimulation**
- **Ultrasound/Phonophoresis**
- **Heat and Cold Therapies**
- **Iontophoresis**

For more information, Contact us at Venice, FL Center.

Contact Agility Physical Therapy today to get started!

WANT MORE GREAT CONTENT?

***Follow us on
social media!***



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our social media links)
3. Follow us to stay up to date with the latest Agility News.



SCAN ME

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***FREE PAIN/INJURY
ANALYSIS!***

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

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***CALL TO SCHEDULE A FREE 20
MINUTE TELEHEALTH OR IN-
CLINIC CONSULTATION TODAY!***

Offer valid for the first 25 people to schedule. Expires 12-30-21

Healthy Recipe

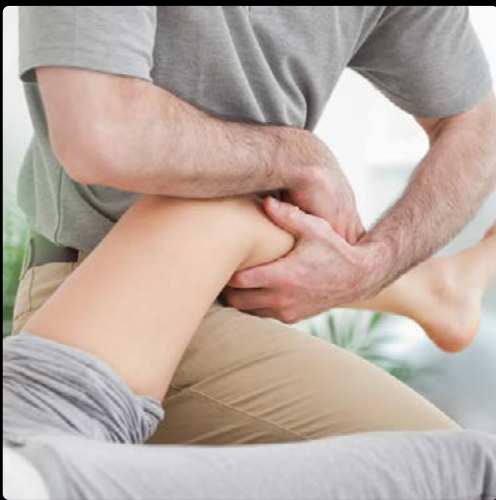
SLOW COOK CHILI

INGREDIENTS

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

DIRECTIONS Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours. If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.

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

QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.



Patient Success Spotlight

"MY KNEES HAVEN'T FELT THIS GOOD IN YEARS!"



"Dear Rachel, Thank you, thank you, thank you! My knees haven't felt this good in years. Your encouragement, kindness and knowledge has kept me on track. You have really made a difference in my mobility and I can't thank you enough. I will continue my home exercises, but hope to see you for occasional tune-ups. I'll try to keep this aging machine going!" - Revell

CALL TODAY! 941-484-8107