



PHYSICAL THERAPY SOLUTIONS

FOR SCIATICA AND BACK PAIN

Read more inside on How Physical Therapy Can Help With Sciatica,
How To Grocery Shop For Healthy Options, and a Healthy Recipe!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464

PHYSICAL THERAPY SOLUTIONS

FOR SCIATICA AND BACK PAIN



Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to go about your daily routine? You could be suffering from sciatica.

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 normal activities of daily living. While “sciatica” may sound serious, it’s entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

How Can You Tell If You Have Sciatica?

Although sciatica is a commonly used term, it may also cause confusion because it is sometimes used to describe any type of back or leg pain. But “true” sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are consistent with a true sciatica.

Not all patients have pain. Some patients experience paresthesias (i.e. numbness and tingling) along the sciatic nerve’s path in the leg and foot. For some, the condition may include weakness in the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

While sciatica pain can be intense, it is treatable. For a lot of people, physical therapy can help to resolve sciatica without operation — often 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 is caused by a herniated lumbar disc where the nerve root is irritated by disc material that has ruptured. Recent evidence suggests that sciatica is not because of “compression” but a combination of pressure, inflammation and immune system defenses.

In most cases, a physical therapist can help to identify what is causing the condition and how to successfully resolve it. The combination of education and activity modification can help set the stage for a successful outcome.

The Most Common Symptoms Of Sciatica

Sciatica back pain is normally noticed as a pain radiating from the lower back/buttock down the leg below the knee and sometimes into the foot. The dominance of leg pain (more than back pain) is a classic characteristic of sciatica.

The location of the leg pain (i.e. outer calf or back of calf); paraesthesia (i.e. numbness and/or tingling) or loss of sensation, along with weakness and/or reflex changes are all indications of sciatica. Another clear sign is increased leg pain with coughing, sneezing and/or taking a deep breath. If sciatica isn’t treated, it can hinder mobility altogether.



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

If you're experiencing sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and based on the finding provide you with solutions that work.

Education

Understanding exactly what sciatica is and how to manage it can help you be proactive and find a solution for your sciatica. Your therapist knows the solutions that work. Understanding what is going on, and more importantly, what you can do about it, has been shown to be one of the most effective solutions. It seems small but consistently it has been shown to help!

Advice To Stay Active

It is especially important to stay active early, despite the intensity of the pain that can be associated with sciatica. We know that rest is not an effective solution. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

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.

The McKenzie Method is a technique that has been shown to be effective in identifying movements and positions to provide you with relief and is often used for home exercises.



Spinal Manual Therapy

Physical therapists often use spinal 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 with the aim of improving spinal joint normal or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

Call Our Clinic Today

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 physical therapists today and schedule your first appointment to have your condition assessed and your back pain treated, once and for all.

Sources

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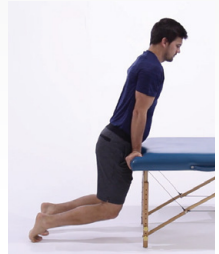


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EXERCISE OF THE MONTH STANDING LUMBAR SELF TRACTION

Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure your weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.



HOW TO GROCERY SHOP FOR HEALTHY OPTIONS

When it comes to grocery shopping, there are many options. If you find your weekly trip to the grocery store overwhelming, you've come to the right place.

The best way to start your grocery shopping is by thinking about your preferences and needs. For example, do you want to lose weight? How many people are you feeding? Once you've determined these factors, make a list of everything you think you may need.

Keep in mind that a diet high in protein and low in carbohydrates has been proven to be the most effective for weight loss. Protein is a building block of muscle, and it stimulates the hormone that helps you feel full. Protein also helps you maintain muscle mass during weight loss, which can help you maintain your metabolism.

The most important thing to remember is that you should be eating a balanced diet. This means that you should avoid overeating any one type of food.

For example, if you are overeating sugar or processed food, it might be time to change your diet. When shopping in the aisles, try to avoid ultra-processed foods, foods with high sugar content, or excessive amounts of red meat.



Here is an example of what a healthy grocery list may look like:

- **Fruits:** apples, blueberries, clementines, grapefruits, and avocados
- **Vegetables:** broccoli, asparagus, onions, spinach, peppers, zucchini, sweet potatoes, baby red potatoes, and butternut squash
- **Beans and grains:** chickpeas, brown rice, black beans, and quinoa
- **Proteins:** eggs, salmon, and skin-on chicken breast
- **Nuts and seeds:** roasted almonds, pumpkin seeds, and natural peanut butter
- **Dairy and nondairy substitutes:** oat milk, coconut milk, feta cheese, and full fat Greek yogurt



WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our [Google Review page](#)? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



HOMEMADE TURKEY MEATBALLS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

Your health is our highest priority. Give us a call at (203) 655-6464 or visit [DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com) today!