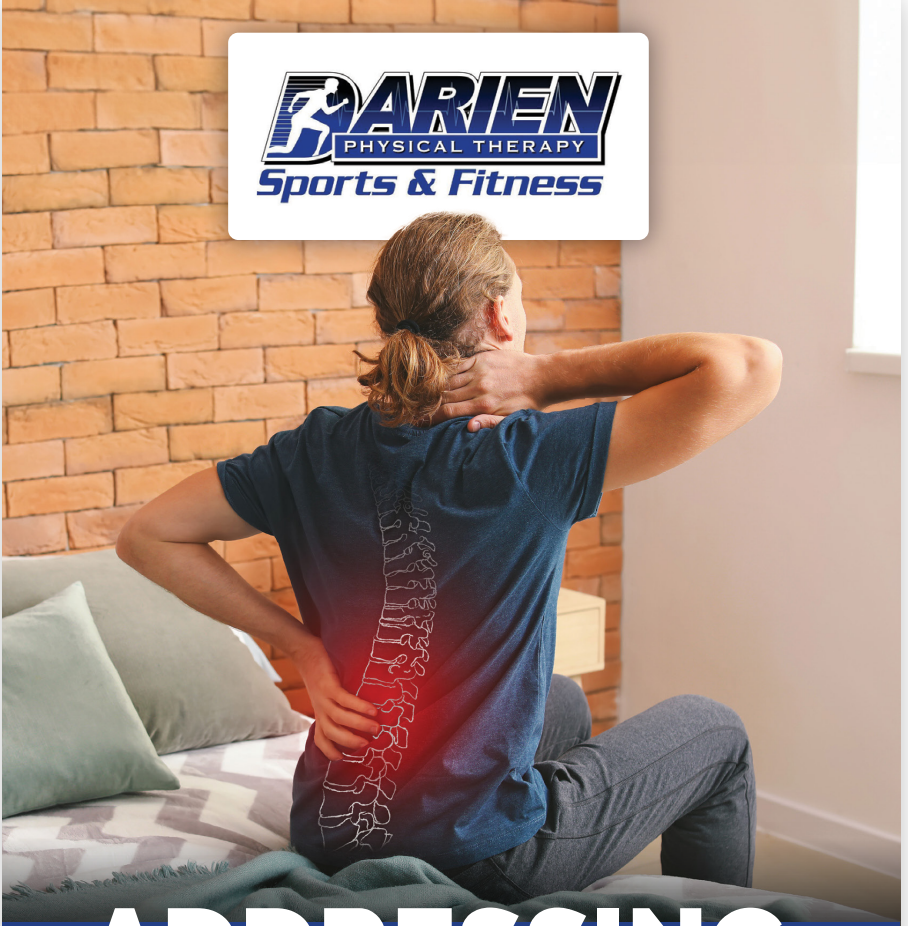
DARIEN
PHYSICAL THERAPY
Sports & Fitness



ADDRESSING SCIATIC PAIN

START EARLY FOR BEST RESULTS

Read more inside on Addressing Sciatic Pain,
the Exercise of the Month, and How Nutrition Can Help Improve Bone Health.

DarienPhysicalTherapy.com

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

ADDRESSING SCIATIC PAIN
START EARLY FOR BEST RESULTS

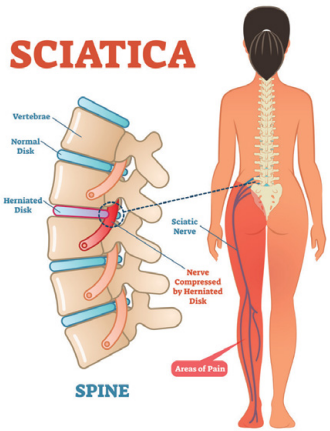
Lower back pain is bad enough. Now imagine that pain radiating down through your buttocks and into your leg. Maybe your leg becomes numb. Maybe the pain is so bad that you can barely walk!

For people with sciatica, this nightmare scenario is a reality. Sciatica is a type of lumbar radiculopathy (i.e., nerve pain) resulting from damage or irritation to the sciatic nerve, which runs from your lower back down the back of your leg. ***It affects between 1% - 5% of the population.***

Sciatica can be debilitating. In addition to intense pain, it severely limits your mobility — some people may struggle to get around at all. And because it results from nerve damage, it can also cause numbness, tingling, and other sensations in the leg.

The good news is that physical therapy at Darien Physical Therapy is one of the best treatment options for addressing sciatic pain. Unlike pain medication, it doesn't simply mask the symptoms — it seeks to resolve the underlying cause of your sciatic pain so that you have lasting relief.

Are you ready to say goodbye to sciatic pain for good? Call us to set up your initial evaluation today — and let us get to the root of your sciatica!



When Should I See a Physical Therapist About Sciatica?

As with most musculoskeletal pains, sooner is better! Many people try to ride out sciatic pain by taking pain medication and resting — which can actually be counterproductive and further worsen the underlying cause of your sciatica. By seeking out an early intervention, you can start feeling better faster.

You should also pay attention to changes in the severity of your pain or shifting sensations in your back and leg. Because sciatica is caused by pressure on the sciatic nerve, these changing symptoms can indicate something is happening to the nerve.

What are some of the specific symptoms of sciatica you should watch out for?

- Pain in the lower back, buttocks, and leg. (Sciatica usually only affects one leg at a time.) This pain might be dull, throbbing, aching, shooting, sharp, etc. Remember to pay attention to changes in sensation!
- Numbness or tingling in the back, buttocks, or leg
- Restricted range of motion in the back. You might struggle to twist, bend, or stand up straight.
- Walking with a limp
- Increased pain in the morning or after remaining in one position for an extended period

One symptom you absolutely shouldn't ignore is any kind of incontinence when paired with sciatic pain. This indicates a serious medical emergency that may require surgical intervention — but our physical therapists will be here waiting to help you with rehabilitation!

Fortunately, such incidents are rare. In most cases, regular physical therapy is enough to resolve sciatic pain.

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

Scan the QR code to schedule your appointment!

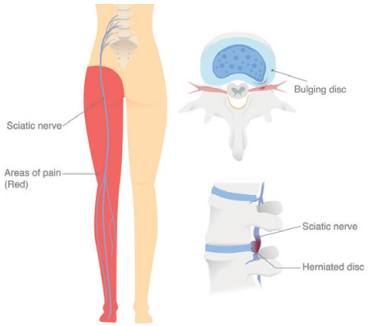
Stop letting pain get in the way. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!

PHYSICAL THERAPY
FRONTLINE TREATMENT FOR SCIATICA

One of the reasons physical therapy is so effective for sciatic pain is that it focuses on resolving the underlying cause. When you come in for your appointment, our therapists will perform a comprehensive evaluation to help us determine what might be irritating, pinching, or compressing your sciatica nerve.

We'll ask you to share details about your symptoms, such as when they started and the exact sensations you're experiencing (i.e., dull pain, shooting pain, numbness). We'll also perform several movement screens that give us a complete picture of your situation. We might check the following:

- Overall mobility
- Muscle weakness and activity
- Nerve activity
- Posture
- Balance and gait



Once we understand what's causing your sciatic pain, we'll develop a customized treatment plan to address that cause. The most common cause of sciatica is a lumbar herniated disc.

Nestled between each vertebra in your spine is a vertebral disc, a soft cushion of cartilage that protects the vertebrae from rubbing against each other. If one of those discs becomes damaged — either because of a sudden injury or age-related degeneration — they can rupture or bulge, irritating the nearby sciatic nerve.

By addressing your herniated disc, you can resolve your sciatica. For most people, that means a targeted, progressive therapeutic exercise program paired with pain management techniques such as manual therapy.

Don't Let That Sciatic Pain Linger: Make Your Appointment Today!

Sciatica can dramatically impact your overall quality of life. Early intervention with Darien Physical Therapy will ensure you say goodbye to sciatic pain for good.

If you're experiencing any possible sciatica symptoms, call today to make your appointment!

Sources:
https://www.ncbi.nlm.nih.gov/books/NBK507908/
https://www.opta.org/article/2020/10/08/sciatica-study
https://www.physio-pedia.com/Sciatica

EXERCISE OF THE MONTH
SEATED SCIATIC NERVE TENSIONER

Sit in a chair with one foot flat on the ground and the foot on the side you want to work flexed with your toes pointing towards your face. Lift one lower leg by lightly contracting the upper thigh while simultaneously lowering your head, slowly tucking your chin towards your chest and exhaling. Slowly return to start. 3 Sets, 10 Reps, 0 Hold.

PT WIRED
www.ptwired.com

HOW NUTRITION CAN HELP *IMPROVE* BONE HEALTH

When it comes to improving bone health and density, most people immediately think of resistance training and weight-bearing exercise. But did you know nutrition also plays a key role?

Certain nutrients, including calcium, vitamin D, protein, and more, all contribute to building strong, healthy bones. Eating a diverse diet rich in fruits and vegetables is one of the best ways to ensure you get the nutrients you need. Here are some suggestions to get you started.

Calcium

- Dairy like milk, cheese, and yogurt
- Leafy greens like collards, turnip greens, and kale
- Broccoli and okra

Vitamin D

- Certain types of fish, including salmon and tuna
- Foods that have been fortified with vitamin D (like milk–get your calcium and vitamin D in one go)

Protein

- Nuts, seeds, and legumes
- Fish and chicken
- Dairy products
- Whole grains

Older people sometimes struggle to get the nutrients they need because their appetites decrease. Putting a little more thought into your meal planning can ensure you're getting everything you require.

The physical therapists at Darien Physical Therapy can provide additional guidance on the lifestyle factors that promote good bone health. Schedule an appointment to get started.

Sources: https://www.bonehealthandosteoporosis.org/patients/treatment/nutrition/

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!

FEEL BETTER BY EATING BETTER

APPLE PIE CHIA SMOOTHIE

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.