



HOW TO FIND RELIEF FROM SCIATICA

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At National Physical Therapy, our physical therapists are experts at treating sciatica and helping you find relief!

Sciatica, also referred to as “lumbar radiculopathy,” is a pain, numbness, or tingling that radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks and down the legs into the toes, making it the largest nerve in the human body.

When this nerve becomes irritated, pain or paresthesias ensue. Typically the symptoms are felt in the lumbar area, down the leg behind the thigh and into the lower leg and foot.

The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

Contact National Physical Therapy today to set up an appointment with one of our experts. We'll provide you with the relief you need to live life comfortably once again!

Understanding How to Treat Sciatica

Sciatica is diagnosed through a physical therapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physical therapist's conclusions.

Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

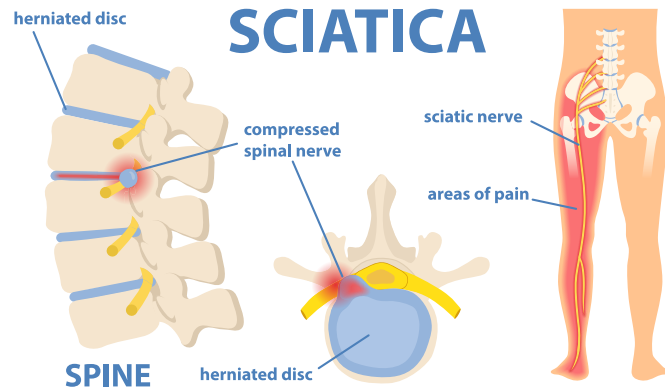
- Reducing sciatica pain
- Improving motion
- Increasing strength
- Improving flexibility
- Educating you on how to sit, stand, bend, and twist
- Returning to normal activities

Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will teach you an exercise program you can do at home to manage your pain.

*Are you suffering from a sports injury?
Aches and pains? Contact us today for relief!*

nationalphysicaltherapy.com

Many exercises can help strengthen the muscles of the spinal column. Most of these exercises focus on improving your core. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), 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.

Targeted stretches for sciatica are designed to target restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a "directional preference," meaning what helps the patient feel and move better.

Your home program will focus on improving your pain and restoring your motion so you can resume the activities you enjoy!

How a Physical Therapist Can Help You

If you're experiencing sciatica, contact one of our physical therapists immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings.

Your therapist will identify the best way to resolve your sciatica pain using directional preference and strengthening exercises. They will examine how you respond to specific movements and positions. These particular movements and positions become the starting point for treatment.

Next, your therapist will focus on areas where you struggle with weakness or develop compensations due to sciatica pain. These exercises will be targeting your core strength. In addition, your therapist will guide you through the postures that help alleviate your pain and minimize the risks of it returning.

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.

Call Today to Make an Appointment

Physical therapy can provide you with the treatment you need to alleviate your sciatica. If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact National Physical Therapy for relief.

We'll provide you with an individualized treatment plan to help you get back to your everyday life as quickly as possible!



BOOK NOW!
Get Back to Enjoying Your Daily Life

USE IT OR LOSE IT!

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything. Patients with family plans, HSAs, or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that **the cost of physical therapy could be MINIMAL OR COMPLETELY COVERED** by your insurance plan.

Call us today! We'll guide you to affordable treatments that will place you one step closer to pain relief.

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/>; <https://www.apta.org/article/2020/10/08/sciatica-study>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>

EXERCISE ESSENTIALS

SEATED SCIATIC NERVE TENSIONER

Try This Exercise to Ease Sciatica pain

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. Repeat 3 sets, 10 reps each.



 **PT WIRED** Always consult your physical therapist before starting new exercises.
www.ptwired.com

HEALTHY RECIPE

BAKED FALAFEL

- 1 15-oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½ - 1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 tbs ground flaxseed
- 1 tbs olive oil



Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an “S” blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine (mixture will ball up in the processor). Grease a large baking sheet with oil. Roll about 2 tbs of falafel mixture into balls. Then flatten into discs and place on baking sheet, evenly spaced. Bake in preheated oven for 20 minutes. Flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

SUCCESS STORY

“A very relaxed but productive atmosphere — perfect combo. Worked at different points with James, Kim, and Ron. Very helpful and friendly! I walked away with a better handle on more **effective ways to stretch and move in order to curb sciatica discomfort**. They were flexible and accommodating when it came to scheduling appointments, and every single time I arrived, Nicholle at the front desk was there with an enthusiastic and sincere greeting.”

— Frank M.

TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review for your treatment location!
Thank you for your support!

 **REVIEW US!**



NATIONAL
Physical
Therapy

COME BACK TO PT!

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SCHEDULE AN APPOINTMENT
OR CLICK TO BOOK!

BOOK NOW!

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