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PHYSICAL THERAPY SOLUTIONS **FOR SCIATICA AND BACK PAIN**

Read more inside on How Physical Therapy Can Help with Sciatica,
Healthy Grilling Tips for Arthritis Pain, and The Best Grilled Chicken Breast Recipe!

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.

**Get Your Life Back with
Amber Hill Therapy Centers!**

*Make an appointment today to start
living your life again, pain-free!*

Stop letting pain get in the way. Give us a call or visit www.amberhillpt.com today!



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.

Spinal Manual Therapy

Physical therapists often use spinal manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that moves one or more joints within normal ranges of motion with the aim of improving spinal joint motion 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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HEALTHY GRILLING TIPS FOR ARTHRITIS PAIN

Have you been looking forward to summer cookouts and barbecues all year? The time has finally come to dust off your grill and pick up your apron from the shelf. However, in the midst of all of the excitement, it's important to remember to eat healthy.

This is especially true for individuals with arthritis. Eating too much of the wrong foods can trigger inflammatory responses, resulting in muscle, nerve, or joint pain.

Certain foods have been shown to reduce inflammation, while others have been shown to aggravate it.

This might sound intimidating, but it's good news! You have the power to lessen your pain and inflammation by making healthy food choices. Here are some examples of tasty foods you can prepare this summer while also being conscious of your health:

Swap burgers for salmon with lemon and savory summer herbs

Studies have shown that eating red and processed meat on a regular basis increases the risk of type 2 diabetes, coronary heart disease, stroke, and certain cancers, particularly colorectal cancer.

Salmon, on the other hand, is high in omega-3 fatty acids and vitamin D—two elements that improve joint health, boost immunity, and protect against inflammation.



Replace ketchup and mayo with salsa

Did you know that ketchup packs roughly 2 teaspoons of sugar per tablespoon? Or that mayo is high in unhealthy fats?

Instead of these common condiments, try something new this summer! Salsa is high in nutrients and low in calories, with only four to five calories per tablespoon and no fat. And it tastes great!



OUR PATIENTS GET GREAT RESULTS!

"I went to the Frederick location. Everyone there was great! My therapist was wonderful. He listened and then went to work his magic. If something wasn't 100% feeling right, he pulled another exercise out of his vast knowledge of the workings of the human body. Great experience." - 5 Star Google Review



THE BEST GRILLED CHICKEN BREAST RECIPE

- 2 pounds boneless skinless chicken breasts
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 2 tablespoons olive oil
- fresh lime juice
- chopped fresh cilantro

Heat the grill to medium-high heat. Combine the salt, pepper, cumin, chili powder, onion powder, and garlic powder in a small dish. Drizzle the olive oil and rub the seasoning over the chicken breasts, coating them entirely. Once heated, place the chicken on the grill and cook for about 15 minutes total, flipping halfway through. Before serving, squeeze fresh lime juice over the chicken and finish with a sprinkle of chopped cilantro.

Source: <https://easychickenrecipes.com/grilled-chicken-breast-recipe/#recipe>

Your health is our highest priority. Give us a call or visit www.amberhillpt.com today!