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Comprehensive Adult & Pediatric Therapies



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HOW TO FIND RELIEF FROM SCIATICA

Read more inside on How Physical Therapy Helps Relieve Sciatic Pain,
We're Hiring, and Feel Better by Eating Better!

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HOW TO FIND RELIEF FROM SCIATICA

Frank's pain was the worst he'd ever felt. It started in his lower back but then radiated down the back of his leg all the way to his toes. Sometimes, he felt numbness or tingling in his leg, which he found especially concerning. But worst of all, this radiating pain made it almost impossible for him to get around.

Eventually, Frank visited his physical therapist, where he learned this pain had a specific term: sciatica. Its name comes from the fact that it affects the sciatic nerve, which runs from the lower back down into the foot.

Frank also learned that his sciatica, like most people's, came courtesy of a herniated disc in his lumbar spine. Fortunately, physical therapy is a frontline treatment for herniated discs, and with a month of regular PT sessions, Frank resolved his pain.

Are you experiencing radiating leg pain like Frank? If so, reach out to us at Amber Hill Therapy Centers. We can help you know for certain if your pain is sciatica or another similar condition — and we can help you find relief with a customized treatment plan.

Call today to schedule your initial consultation!

What Is Sciatica? Symptoms and Causes

Sciatica is a somewhat misunderstood condition. Many people refer to any radiating pain in the back and legs as "sciatica." In reality, sciatica only refers to pain that stems from pressure or irritation on the sciatic nerve.

Sciatica's main symptom is pain that starts in the lower back, radiates into the buttocks, and then runs down the back of one leg into the foot, following the path of the affected sciatic nerve. Often, the leg pain will be worse than the back pain.

However, other symptoms often indicate sciatica, including the following:

- Muscle spasms in the back
- "Pins and needles" sensations in the leg and/or foot
- Numbness in the leg and/or foot
- Shooting or burning pain deep in the buttocks or legs
- Weakness in the affected leg

Sciatica occurs when the sciatic nerve is pinched, compressed, or irritated in some way. But what causes that nerve irritation in the first place?

For most people, as it was for Frank, the answer is a herniated disc. Your spinal vertebrae are cushioned and protected by flexible cartilage discs (spinal discs). If one of these discs bulges or ruptures so that it irritates or pinches the sciatic nerve, you'll experience sciatica pain.

Other medical issues (such as a bone spur, inflammation related to pregnancy, or a tumor) can also cause sciatica, but these conditions are much more rare. If you have sciatica, the chances are good that you have a herniated disc — and that's something physical therapy can help resolve!

**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 HELPS RELIEVE SCIATIC PAIN

When treating a herniated disc (and, by extension, sciatica), our therapists will move through the following steps:

- **Manage Pain:** We'll develop a plan to address your acute pain, pulling from several options. Gentle spinal mobilizations, soft tissue manipulation of your back muscles, and pain relieving modalities such as TENS or hot and cold therapy can all help.
- **Improve Mobility:** Movement is crucial in addressing sciatica. Spinal mobilizations play an essential role here, allowing you to move the joint without exerting effort. We'll also incorporate active stretches and mobility work to help ease range of motion restrictions and prepare your body for the next phase of treatment.
- **Strengthen Your Back and Core:** As your pain lessens, we'll begin working to build strength in your core muscles, which stabilize and support your spine. By strengthening these muscles, you can alleviate the pressure on your lumbar spine that contributes to sciatic pain and a herniated disc.
- **Educate to Prevent Future Pain:** Finally, we can provide the tools to prevent a future bout of sciatica. We might help you develop a home exercise program to keep your spine healthy or show you how to properly lift heavy objects to avoid injury.

Find Sciatica Relief at Amber Hill Therapy Centers

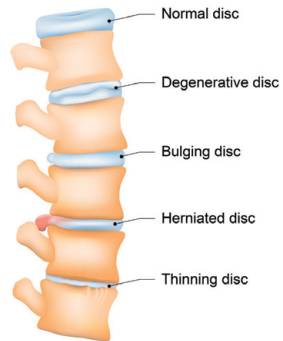
Sciatic pain can be incredibly intense and often debilitating. Regular physical therapy will help you resolve that pain — and the underlying cause — so you can get back to living a full, healthy life.

To get started with your own personalized sciatica treatment plan, call to schedule an appointment today!

Sources:
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>
<https://www.chosopt.com/guide/physical-therapy-guide-herniated-disc>
<https://www.physio-pedia.com/Sciatica>



DISK DEGENERATION



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Oh Hey, We're Hiring!

We are looking for occupational therapists and occupational therapy assistants in the Frederick & or Urbana area! Applicants must be able to treat children and/or adults. There are full and part-time opportunities. Check out details at... amberhillpt.com/join-our-team/

Life is too short to not feel your best. Give us a call or visit www.amberhillpt.com today!

SIMPLE STRATEGIES FOR INCORPORATING EXERCISE INTO YOUR DAILY ROUTINE

Regular exercise is crucial to so many aspects of your health. It can prevent chronic health conditions like cardiovascular disease or diabetes, help you stay mobile well into old age, and even regulate your emotions.

Unfortunately, your workouts are often the first to slip when life gets busy. It can also be challenging to begin a regular exercise routine, especially if you have to fit it into an already jam-packed schedule.

The good news is that you don't have to work out like a professional athlete to reap the benefits of staying active. In fact, a few simple strategies can increase your daily activity levels—no matter how busy you are!

Incorporating movement into your daily routine helps exercise feel like second nature. Schedule an appointment to get started!



5 Easy Tips for Sneaking in Physical Activity

1. Park at the far end of the parking lot, so you have to walk a little further to get to the store.
2. Take the stairs whenever possible.
3. Do some stretches or core exercises while you're watching TV.
4. Go for a quick walk around your building during your lunch break.
5. Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!



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FEEL BETTER BY EATING BETTER!

JUICY BAKED CHICKEN BREAST

- 4 (7 to 8 oz) boneless, skinless chicken breasts
- 2 tsp olive oil
- 3 tbsp brown sugar
- 1 tbsp chili powder
- 1 tsp parsley flakes
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cumin

Preheat oven to 425 degrees F. Line a baking sheet with foil and spray with non-stick spray. Place the chicken breasts between two sheets of parchment paper and pound to an even thickness. Drizzle both sides of chicken with olive oil. Combine seasonings and sprinkle generously over both sides of the chicken breasts. Bake for 20 minutes. Remove from oven and cover loosely with foil for 5 minutes before slicing.

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