

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R



WE CAN HELP YOU FIND
SCIATICA PAIN RELIEF



www.malvernphysicaltherapy.com

MALVERN PHYSICAL THERAPY

N E W S L E T T E R

HOW TO FIND RELIEF FROM SCIATICA



INSIDE:

- How A Physical Therapist Can Help You
- Staff Spotlight

- Win A \$50 Amazon Gift Card!
- Exercise Essentials



Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At Malvern 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 us 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.

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!

To learn more about how we can help you live your healthiest life, contact us today!



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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 US TODAY TO MAKE AN APPOINTMENT

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KIWI STRAWBERRY SMOOTHIE



INSTRUCTIONS:

- 1 banana
- 6 strawberries
- 1 kiwi
- ½ cup vanilla frozen yogurt
- ¼ cup pineapple and orange juice blend

INSTRUCTIONS:

Place the banana, strawberries, kiwi, vanilla frozen yogurt, and pineapple and orange juice blend in a blender. Blend until smooth.

EXERCISE ESSENTIALS

Helps To Relieve Sciatica Pain



HOME LOW BACK TRACTION

Lie flat on the floor in the center of a doorway with your knees bent. Make sure your bare skin of your low back is touching the floor for friction. Hold a broomstick in front of you across the doorway. Push gradually and slowly against the stick with your arms for 1-3 minutes. Release slowly.



Patient Success Spotlight



“They are genuinely concerned about your wellbeing and helping you.”

“The most friendly and knowledgeable PT staff I’ve ever seen. Whether you’ve had surgery, an injury, or chronic pain, they will know how to help. They are genuinely concerned about your wellbeing and helping you.” - **S.T.**

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

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CALL (501) 359-5948 TODAY!

Staff Spotlight



Sarah Phillips

Physical Therapist at Pro-Active Physical Therapy Sheridan

Sarah and her husband Jordan are current residents of Sheridan, AR. They have a little boy Mason and a baby on the way. They share their home with their 3 dogs Charlie, Layla, and Dani. In her spare time, Sarah likes spending time with family, playing with her dogs, and Flea Market shopping. One day she would love to visit every continent (except Antarctica)! She is involved in Awanas and life groups at her church and she also stays involved in school activities with her husband who teaches and coaches at Sheridan High School. Sarah graduated from UCA in 2017 and joined our team in May 2018, and since has completed her certification in Dry Needling. Sarah is also very excited to announce she will be returning to her town of Sheridan as the Physical Therapist at our newest location - Pro-Active Physical Therapy Sheridan! Sarah says she loves the atmosphere here and the genuine passion she and her fellow employees have for helping make patients better.

When asked what his favorite part of the job is she says:

“Seeing patients succeed and meet their goals. Some of the transformations we see make doing this job so much fun!” - Sarah

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WIN A \$50 AMAZON GIFT CARD!

All 5-star reviews will be entered to win a \$50 Amazon gift card! Please include first name and last initial in your review so we can contact the correct winner!

Scan the QR code below to leave your review now.



This offer ends on April 30th 2022