

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R



RELIEVE YOUR SCIATICA PAINS



www.malvernphysicaltherapy.com

MALVERN PHYSICAL THERAPY

NEW S L E T T E R

PHYSICAL THERAPY FOR SCIATICA PAINS

Do you have shooting pains down one leg? If you live with sciatica, you know how uncomfortable it can get. Sciatica is a condition that develops from compression or inflammation of the sciatic nerve. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s).

Fortunately, physical therapy is one of the most effective ways to treat sciatica pains. At Malvern Physical Therapy, our therapists can help you figure out what you are dealing with and resolve it! Physical therapy treatments can help relieve your sciatica pain and speed up the healing process. It is in your best interest to consult with a physical therapist before symptoms become too severe. If you live with sciatica, or you think you may be experiencing sciatica symptoms, contact Malvern Physical Therapy today to discover how to help.

HOW PHYSICAL THERAPY CAN HELP SCIATICA

When patients begin their physical therapy sessions early enough, they can manage their pain quickly and in a straightforward manner. Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will also teach you an exercise program you can do at home to manage your pain.

Targeted stretches for sciatica are designed to resolve 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.

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. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically becomes obsolete.

WHEN SHOULD I SEE A PHYSICAL THERAPIST?

A good rule of thumb is to come in for a consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be!

If the pain goes from dull to severe or travels further down the leg, there are strong indications that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be and the more likely you will experience weakness in the leg.

Sciatica symptoms may include shooting pains down one leg or persistent numbness in the lower leg and foot. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body are signs that physical therapy is needed.

Incontinence may also indicate that your sciatica is getting worse and immediate attention is needed. If your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions. This is very rare, but it is considered a medical emergency where surgery is needed, and if performed within 24 hours of symptoms starting, complete resolution is likely.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive get ready for back to school!

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WHAT TO EXPECT IN PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings. Typically the best way to resolve your sciatica pain involves directional preference and strengthening exercises. We will start with pain management and restoring mobility to allow you to resume normal activities around your home. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore more vigorous activity and function. Our therapists also incorporate postural corrections and body mechanic instructions to stimulate your job's everyday demands, and recreational pursuits have on your body.

Each visit you will spend one-on-one time with your therapist, and they will use hands-on techniques that get the joints, muscles, and nerves moving again. In addition 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 SCHEDULE AN APPOINTMENT

Contact Malvern Physical Therapy today to learn more about our physical therapy methods for treating sciatic aches and pains. If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today.

We'll get to the root of the issue so you can get back to living your life comfortably!

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SPINACH & FETA SCRAMBLED EGG PITAS



INSTRUCTIONS:

- 1 tablespoon extra-virgin olive oil
- 1 (10 ounce) block frozen chopped spinach, thawed, drained and squeezed dry
- Pinch salt
- 8 large eggs, beaten
- $\frac{1}{4}$ cup finely crumbled feta

cheese

- Freshly ground pepper to taste
- 8 teaspoons sun-dried tomato tapenade or sun-dried tomato pesto
- 4 whole-wheat pitas (5-in), cut in half, warmed if desired (see Tip)

INSTRUCTIONS: Heat oil in a large nonstick skillet over medium heat. Add spinach and salt and cook until steaming hot, stirring occasionally. Add eggs and cook, stirring the eggs as they set, until they form soft curds and are just moist, 4 to 5 minutes. Add feta and pepper and cook until set. Spread tapenade (or pesto) inside pita pockets, 2 teaspoons per pita. Divide the egg mixture among the pitas. Tip: To warm pita: Wrap in foil; bake in toaster oven at 350 degrees F until hot, 8 to 10 minutes.

SERVICE SPOTLIGHT

LASER THERAPY

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions.

Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

Laser therapy can be used for both acute and chronic conditions, including neck pain, shoulder pain, back pain and sciatica, arthritis, bursitis, disc injuries, TMJ, sports injuries, plantar fasciitis, carpal tunnel syndrome, migraines, soft tissue damage, and MORE!

Laser treatments are completely pain-free, despite common skepticism. When you receive a laser treatment, you will feel little to no sensation at all, depending on the type of laser that is being used.

Give us a call today to find out if laser therapy can help you get back to a pain-free life.

Patient Success Spotlight



"I loved working with Mackenzie! She is very knowledgeable and kind." — S.M.

"Everyone is very friendly and patient focused. They treat you like family and genuinely care for your health & improvement. Open & friendly environment." — D.L.

IF YOU NEED TO HAVE THERAPY:

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

FUN & GAMES

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		9	4	3			
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6	9		5		3		2
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				4	9	1	
	7	2	3				

FREE 15-MIN CONSULTATION

Call to schedule yours today!

Staff Spotlight



Mackenzie

Physical Therapist at Pro-Active Physical Therapy

Mackenzie, her husband CJ and their daughter Hadley are current residents of Sherwood, AR. They share their home with their 2 dogs Archie and Ellie. In her spare time Mackenzie likes to spend time with her daughter and her family, along with playing tennis with her husband and friends. One day she would like to spend several weeks traveling around Europe. She enjoys volunteering at local marathons to help stretch runners after the race and help with any acute pain they are having. Mackenzie graduated from UCA in 2017 and joined our team within the same year. She likes watching patients achieve their goals and seeing their hard work pay off. Mackenzies motivation to be the best therapist she can comes from an injury in high school, without physical therapy she wouldn't have been able to return to the sport she loved.

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

"Helping others return to doing what they love whether its returning pain free to sports, work, or recreational activities is such a huge part of her motivation."— Mackenzie

MALVERN PHYSICAL THERAPY

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