

N E W S L E T T E R



**HOW PHYSICAL THERAPY CAN HELP YOU
FIND RELIEF FOR BACK PAIN & SCIATICA**





MALVERN PHYSICAL THERAPY



NEWSLETTER



RELIEF FOR BACK PAIN & SCIATICA

Do you experience pain when bending down or lifting objects? Are you experiencing pain in your leg or numbness in your foot? You could be suffering from back pain and sciatica. If you find yourself in pain, it's time to see a physical therapist at Malvern Physical Therapy.

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. While "sciatica" may sound severe, it's entirely curable.

If you are suffering from back pain or sciatica, you know how hindering it can be. It can be so severe that people struggle to do activities of daily living. Fortunately, we are experts at treating any back pain or sciatica you may be experiencing.

Contact Malvern Physical Therapy today to schedule a consultation and learn more about how physical therapy can help you find relief!

WHAT IS THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA?

Lower back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue.

Although sciatica is a commonly used term, it may also be confusing 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.

Sciatica may include paresthesias (i.e., numbness and tingling), weakness in the muscles of the foot and lower leg. In severe cases, it can include changes to bowel and bladder function. While back pain and sciatica can be intense, both are treatable with physical therapy, often within a few weeks. Even if you've suffered severe pain, there's still hope!



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RISK FACTORS FOR BACK PAIN & SCIATICA

THE RISK FACTORS OFTEN ASSOCIATED WITH BACK PAIN ARE:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated and/or inflamed by disc material ruptured.

RISK FACTORS FOR A HERNIATED DISK INCLUDE:

- Smoking
- Repetitive lifting, bending and twisting
- Sedentary lifestyle
- Genetics
- Excess body weight

Physical therapy can help you identify what is causing your back pain and/or sciatica and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

If you're experiencing back pain or sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

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- **Education:** Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. Education seems small, but consistently it has been shown to help!
- **Stay active:** It is essential to stay active despite the intensity of the pain. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.
- **Exercise:** 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.
- **Manual therapy:** Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve 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.

Our therapists know the solutions that work. Supervised exercises that include movements, postural corrections, nerve mobilization, and/or strengthening effectively provide relief. Starting physical therapy treatments early in the diagnosis is the best way to quickly improve and resolve your pain.

SCHEDULE AN APPOINTMENT TODAY

If you are suffering from back pain or sciatica, call Malvern Physical Therapy today. Don't live with the pain any longer – get relief with physical therapy!

Sources: <https://pubmed.ncbi.nlm.nih.gov/27285608/> - <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.cd006655.pub2/full?highlights=Abstract+back%26exercise%26pain%26exercise> - <https://www.ncbi.nlm.nih.gov/books/NBK507908/> - <https://pubmed.ncbi.nlm.nih.gov/33017565/> - <https://www.sciencedirect.com/science/article/pii/S1836955320300229?via=ihI63Dhub> - <https://www.bmj.com/content/367/bmj.l6723>

PINEAPPLE CHEESE BALL



Ingredients:

- 2 packages (8 ounces each) cream cheese, softened
- 1 can (8 ounces) unsweetened crushed pineapple, drained
- 1/4 cup finely chopped green pepper
- 2 tablespoons finely chopped onion
- 2 teaspoons seasoned salt
- 1-1/2 cups chopped walnuts
- Assorted crackers and fresh vegetables

Directions: Mix all the ingredients, using only 1 cup of the walnuts listed and form into a ball. Refrigerate overnight. Before serving, roll cheese ball in reserved cup of walnuts. Serve with crackers of choice.

EXERCISE ESSENTIALS

HIGH PLANK



Place your hands on the ground, stacking shoulders over wrists. Extend your legs outward, engage your core, and lift your body up into a high-plank position. Hold for 30 seconds.

If you have any questions, please consult with a healthcare provider before starting.

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PATIENT SUCCESS SPOTLIGHT



"Y'all are all so amazing and so nice! Thank you so much for helping me! I am so thankful to be back in motion again and so thankful for y'all!" — H.R.

IF YOU NEED TO HAVE THERAPY:

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

STRETCH YOUR MIND

9			3			2	1	7
	3	1	7					8
					4			6
2	9			8				3
		3			6			
4			1			9	5	
8		9						
5				6	3	2		
3	4	2		5				9

CALL TO SCHEDULE A FREE 15-MIN CONSULTATION!

STAFF SPOTLIGHT

DAN MYERS

Co-owner of Benton Physical Therapy, Malvern Physical Therapy and Pro-Active Physical Therapy



Dan and his wife Claire have 4 children, 2 boys and 2 girls. He attended college at UGA, USA and GSU. In his spare time he enjoys golfing, fishing and taking family vacations. He is recently retired from the Boy Scouts. One day he would like to Cruise Alaska. Dan has been with our company from day 1 as a co-owner. He is happy to see the business grow as much as it has. "Being a Physical Therapist and having a positive impact on the lives of others has just become a part of who I am?" Dan has 30+ years in the Physical Therapy field - he enjoys working with people and it shows.

HIS FAVORITE PART OF HIS JOB:

"Getting to work with many different types of people and helping them return to the things they love doing."



MALVERN
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THIS OFFER ENDS ON JANUARY 31ST 2023