



# PRO-ACTIVE PHYSICAL THERAPY

BRYANT • SHERIDAN



## NEWSLETTER



# THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA



BRYANT 501.359.5841 | SHERIDAN 870.493.8187 | [PROACTIVEPHYSICALTHERAPY.HEALTH](http://PROACTIVEPHYSICALTHERAPY.HEALTH)



# PRO-ACTIVE PHYSICAL THERAPY

BRYANT • SHERIDAN



## NEWSLETTER



## THE DIFFERENCE BETWEEN BACK PAIN & SCIATICA

Have you been told your persistent lower back pain is really sciatica? Did you know specific signs and symptoms can clarify what condition you're dealing with? Far too often, these terms are used interchangeably or, worse yet, inaccurately. Fortunately, at ProActive Physical Therapy, our skilled physical therapists can clear it up for you and set you on the right path to relief! Back pain and sciatica can be confusing and even intimidating, especially when you're not sure what's causing your discomfort. Whether from a car accident, lifting something heavy, or seemingly out of nowhere, both back pain and sciatica seem to have similar causes and even share some symptoms. That's where physical therapy comes in. Physical therapy is highly effective for both conditions. It helps reduce pain, improves mobility, and, most importantly, tackles the underlying issues to prevent future discomfort. With a tailored treatment plan, you can get back to doing what you love, pain-free.

### **UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA**

Back pain and sciatica are sometimes used interchangeably, but they're not the same. Lower back pain is generally localized, affecting the lumbar region of the spine. It can arise from muscle strains, herniated discs, or prolonged poor posture.

Sciatica, on the other hand, is more specific and involves pain that travels along the sciatic nerve. This nerve starts in the lower back and runs through the hips and buttocks down to each leg. The pain you feel could be shooting, burning, or even tingling, and it usually affects just one side of your body. To be a "true" sciatica, nerve symptoms must be felt in the leg (specifically below the knee).



BRYANT 501.359.5841 | SHERIDAN 870.493.8187 | [PROACTIVEPHYSICALTHERAPY.HEALTH](http://PROACTIVEPHYSICALTHERAPY.HEALTH)

# OUR APPROACH TO ASSESSMENT & TREATMENT

## COMMON CAUSES OF BACK PAIN AND SCIATICA

- **Lower Back Pain:** In most cases, lower back pain is caused by factors such as muscle strain, herniated discs, degenerative disc disease, arthritis, and other conditions.
- **Sciatica:** Most commonly caused by a herniated disc, bone spur where the nerve exits the spine, or narrowing of the spine (spinal stenosis) compressing part of the nerve.

## CLASSIC SYMPTOMS OF BACK PAIN AND SCIATICA

- **Lower Back Pain:** May include stiffness, muscle spasms, and difficulty in moving.
- **Sciatica:** Must consist of symptoms along the nerve root in the leg and typically include numbness, tingling, or muscle weakness in the affected leg or foot, in addition to pain.

It's crucial to know the difference between the two because the treatment approaches differ. For example, sciatica might require attention to nerve compression issues, while lower back pain could be more muscle-related.

So, if you're tired of enduring persistent pain, take action and call to schedule an appointment with our spine experts. Let us help you understand your condition and guide you toward effective relief.

## OUR APPROACH TO ASSESSMENT AND TREATMENT AT PROACTIVE PHYSICAL THERAPY

If you are experiencing back pain or sciatica, it's time to take action. Working with our experienced therapists can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to our clinic with lower back pain or sciatica, we will perform a thorough physical examination and medical history to provide you with solutions that work based on the findings.

- **Education:** Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on and, more importantly, what you can do about it is one of the most effective solutions. Our physical therapists will make sure you have the information you need to be successful.
- **Manual therapy:** Manual therapies include a variety of methods, including joint mobilizations and manipulations that move one or more joints within normal ranges of motion to improve spinal joint motion or function.

Our physical therapists may also use soft tissue techniques like myofascial release, trigger point releases, and other methods to help alleviate pain and allow for more mobility and improved function.

- **Targeted Exercises:** Our exercise programs include mobility exercises, proper postural exercises, nerve mobilization, or strength exercises. Our physical therapists will tailor your workouts, monitor you, and progress based on your individual needs.

Your well-being is our top priority. At ProActive Physical Therapy, we offer a proven approach to back pain and sciatica. Don't let pain hold you back any longer. Call today and take the first step toward a pain-free life.

Sources: <https://pubmed.ncbi.nlm.nih.gov/3229126/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5088108/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>

## GRANDMA'S FAMOUS SALMON CAKES



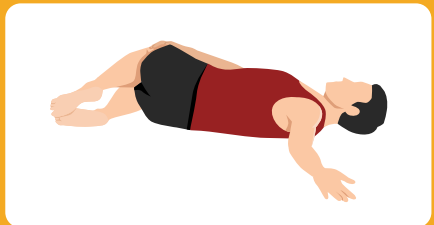
### Ingredients:

- 1 (14.75 ounce) can salmon, drained and flaked
- 2 large eggs, beaten
- 1 small onion, diced
- 1 teaspoon ground black pepper
- 3 tablespoons vegetable oil

**Directions:** Pick through salmon to remove any bones or large pieces of skin. Beat eggs in a mixing bowl. Stir in salmon, onion, and black pepper. Mix thoroughly. Shape salmon mixture into eight 2-ounce patties. Heat oil in a large skillet over medium heat. Fry patties until crispy and golden brown on the outsides, about 5 minutes per side; work in batches if necessary to avoid crowding the pan.

## EXERCISE ESSENTIALS

### RECLINED TWIST



Lie on your back with your arms in a T-shape. Move your hips a little over the right and bring your knees over to the left. Hold the pose for sixty seconds. To come out of the pose, bring your knees over your hips and repeat on the other side.

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

**BRYANT 501.359.5841 | SHERIDAN 870.493.8187**

## PATIENT SUCCESS SPOTLIGHT



"Excellent team of therapists, techs, and staff! These folks make it very apparent that they truly care about your health and well being. The atmosphere is pleasant because they all work well together and get along with one another. They are definitely my top choice for any physical therapy needs I may have!" — **P.T.**

### IF YOU NEED TO HAVE THERAPY:

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

## STRETCH YOUR MIND

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

[PROACTIVEPHYSICALTHERAPY.HEALTH](https://PROACTIVEPHYSICALTHERAPY.HEALTH)

## STAFF SPOTLIGHT



### NICK DOBBS

PT & Clinic Director | Malvern

Nick, his wife Anna and their son Hudson are current residents of Benton, AR. They love spending time with their families and friends watching football and would love to be able to attend a Steelers game at Heinz Stadium one day. Nick joined our team in June 2016 after graduating from University of Central Arkansas. He has recently taken on the role of clinic director at our Malvern clinic. Nick likes being able to help others and it shows through his work.

### HIS FAVORITE PART OF HIS JOB:

*"The interactions I'm able to have with the staff and patients and learning something new each day."*



**PRO-ACTIVE**  
PHYSICAL THERAPY

# 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.

**BRYANT**

**SHERIDAN**



THIS OFFER ENDS ON JUNE 30<sup>TH</sup> 2024