

TIP OF THE MONTH



Dealing with Sciatica Nerve Pain

Sciatica can be described as a sharp pain that starts in your lower back, through the buttocks and down the leg (typically one leg, not both). It can be debilitating, making walking and standing painful.

Even though your first inclination may be to stay inactive, bed rest is not generally recommended. Your primary care provider may recommend that you restrict certain activities for a certain amount of time, but through physical therapy and exercise, you may be able to shorten your recovery time.

The goal of physical therapy treatment in regards to Sciatica is to reduce irritation. Physical therapists educate patients on pain-relieving techniques (such as ice) and decreasing or modifying painful activities. Sciatica often occurs from muscular tightness or weakness which causes pressure on the sciatic nerve which leads to pain and other symptoms. We educate patients on proper stretching and strengthening exercises for the back and hip as well as perform hands on, manual therapy techniques to further increase joint flexibility. The final phase of rehab involves strengthening during functional activities and education to prevent the injury from recurring.

For more information about Sciatica, [click here](#). If you are experiencing Sciatic pain, call us. We can work with you to reduce your pain, and give you an exercise program that can reduce recurrence.



PT&Me Featured Article:

Total Knee Replacement Prehab: Move to Improve Your Outcomes

Many people with arthritis favor their joints over time in an effort to relieve pain and thus become weaker in their leg muscles or lose range of motion. However, the better shape you are in before surgery the better...[more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Think only of the past as its remembrance gives you pleasure”

— Jane Austen

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Vanilla Protein Shake

If you are looking for a healthy meal replacement, this is it! This was given to us by a colleague who we have on good authority... he drinks these regularly.



Ingredients:

- 1-1/2 cups unsweetened Vanilla Almond Milk
- 1 scoop Vanilla Protein Powder
- 1/4 tsp. of cinnamon
- 1/2 tsp. flaxseed oil or ground flaxseed meal
- 1 -2 packets of Stevia to sweeten (optional)

Directions:

Put everything into a blender and process until smooth. Enjoy!



This is YOUR newsletter. What would you like to see?

Email us — clinicnewsletter@usph.com