



NEWSLETTER

OUR SERVICES

THERAPEUTIC EXERCISE

BALANCE TRAINING

POSTURAL RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE MOBILIZATION /

MYOFASCIAL RELEASE

**STRUGGLING WITH
BACK PAIN OR
SCIATICA?**

www.wisept.com



NEWSLETTER

STRUGGLING WITH BACK PAIN OR SCIATICA?



Did you know that over 80% of people across the world will suffer an episode of back pain at some point in their lifetime? If you are suffering from back pain or sciatica, you know how hindering it can be. With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physical therapist.

At Wise Physical Therapy, we are fully equipped to treat any back pain you may be experiencing. Contact us today to schedule a consultation and find out more about how our services can benefit you!

The difference between back pain and sciatica:

It can be difficult sometimes to determine the differences between general back pain and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve. Your sciatic nerve is the largest nerve in your body – it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet. It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. Common culprits of sciatica development include weakness in the gluteal muscles or tightness in the piriformis muscle, as they can compress and irritate the sciatic nerve.

Common sciatica symptoms:

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience a severe pain radiating down one of their legs. It is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

Common sciatica treatment:

The safest, easiest, and most effective mode of sciatica treatment is through physical therapy. Physical therapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure. Our licensed physical therapists will analyze the movements of the muscles surrounding the sciatic nerve, in addition to the back and hip joints. They will design an individualized treatment plan based on the specific needs of each patient, in order to strengthen the affected muscles, improve joint flexibility, and prevent problems from occurring again in the future.

Tips for sciatica relief:

There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physical therapy treatments:

- Performing gentle stretching exercises.
- Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
 - Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.
- Using your legs to bend down when picking up objects off the floor, rather than using your back.
- Alternating ice and heat on the buttock to reduce inflammation.
- Asking your doctor about coming to physical therapy, or giving us a call.

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHES AND PAINS!**

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PUMPKIN CREAM CHEESE DOUGHNUTS



- 3 cup almond flour, sifted
- 3 tbs of cinnamon
- 3 tsp of ground ginger
- ½ tsp of ground nutmeg
- ¼ tsp of ground clove
- 3 tsp baking powder
- 1/2 tsp of sea salt
- 1 cup unsalted butter, softened
- 8 ounces of full-fat cream cheese, softened
- 1 1/2 cup granulated sugar substitute
- ½ cup choice of brown sugar substitute
- 2 tsp of vanilla extract
- 1 cup pumpkin puree (unsweetened)
- 6 large eggs
- Keto Maple Icing
- 1 cup powdered sugar-free (confectioners sugar substitute)
- 1 tsp cinnamon powder
- 8 tbs heavy whipping cream
- 2 tbs of sugar-free syrup

DIRECTIONS

Preheat the oven to 350°F and grease donut molds. Sift together almond flour, cinnamon powder, ground ginger, ground nutmeg, ground clove, baking powder, and salt and set aside. Beat together the softened butter, cream cheese, both sugar substitutes, and vanilla extract until light and creamy. Mix in the pumpkin puree. Add eggs one at a time alternating with the dry ingredients, mixing thoroughly after each addition. Using a pastry bag, pipe the cake batter evenly into the prepared donut pan(s). Bake about 15- 20 min or until an inserted toothpick comes out clean. Allow donuts to cool in molds for 10 min.

To make icing, mix the powdered sugar substitute and cinnamon powder in a small bowl. Whisk in the 8 tbs of heavy whipping cream making sure to fully incorporate the mixture. Lastly, add 2 tbs of lakanto sugar-free maple syrup and mix well. If icing is too thick, add another tbs of heavy whipping cream until softened.

SPECIALTY SPOTLIGHT



Fascial Strain Counterstrain is a gentle effective method of reducing and eliminating dysfunction in the body. Dysfunction in the body—meaning when your body or parts of your body are not working correctly. This could be showing up in your body as chronic pain, loss of range of motion, stiffness, GERD, incontinence, pain in joints, swelling, IBS (Irritable Bowel Syndrome), headaches, neck pain, low back pain, and many other symptoms. For each and every problem area there is at least one if not more tender points which must be treated out with Fascial Strain Counterstrain to resolve dysfunction.

Simply put, the way Fascial Strain Counterstrain works is that it resets natural protective responses which were created in conjunction usually with a past injury. The problem arises when the past injury is healed up, but the protective response is still stuck in an "ON" position well after the injury healed up, the protective response never reset to a "Normal State". This results in creation of tender points. The natural protective responses are out of control and stuck in a "ON" position. Natural protective responses stuck in the "ON" position can influence the nerves, muscles, arteries, veins, and organs of the body. A person can go through life accumulating unresolved protective responses stuck in the "ON" position. And as a result, these protective responses which were originally a helpful/good thing, continue in the "ON" position well after the original problem has been resolved and will spread dysfunction and flare up problems throughout the body.

CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

PATIENT SUCCESS STORY



"I came in to work on muscle pain and posture in the span of a few months my posture has improved and I feel stronger. I worked with Brianna and Stephan both do their jobs well and are supportive. The front desk staff are super kind and I felt immediately welcomed. I would recommend this place to everyone. Since I didn't I didn't see Stephan before leaving this is for him. Loved your massages and I hope you continue to enjoy life."

- Skyler

RELIEVE PAIN IN MINUTES

Try this movement to find relief from neck pain.

Helps Relieve Neck Pain

 SimpleSet Pro
www.simpleset.net

SCALENE STRETCH

Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.



PATIENT SUCCESS STORY



"I came in for upper back pain due to my chest. I worked with Caleb, Katelyn, Brandee, and Stephanie. We worked with back stretches and improving my back muscles. I felt absolutely taken care of. After my boob surgery, my back was already better from the work we did before. My posture was way better. I have the tools I need to continue and make my back better when I need to stretch it. Also, the front desk was amazing!" - Christina



Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods
- ✓ Walk for long distances
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!

FOLLOW US! Look and feel your **BEST.**



"Our Mission is Movement!"



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