



NEWSLETTER

WALK AWAY FROM YOUR SCIATICA PAIN WITH PHYSICAL THERAPY

OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

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NEWSLETTER



WALK AWAY FROM YOUR SCIATICA PAIN WITH PHYSICAL THERAPY

Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to tolerate typical daily activities? You could be experiencing sciatica. At Wise Physical Therapy, we can help you figure out what you are dealing with and resolve it!

Sciatica is a specific type of back pain that is a widespread and often debilitating condition. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s). It is a condition that develops from compression or inflammation of the sciatic nerve. Sciatica usually affects people between the ages of 30-50, and it can develop for several reasons, such as:

- Herniated discs
- Sports-related injury or other traumas
- Work-related overuse or repetitive stress
- Arthritis and/or bone spurs

Fortunately, physical therapy can effectively treat sciatica pain. To learn more about how we can help relieve your sciatica pains so you can get back to living your life comfortably, contact Wise Physical Therapy today!

Symptoms of sciatica. The sciatic nerve consists of the nerves from the fourth lumbar through the second sacral nerve roots. These nerves come together to form the sciatic nerve. It is the largest nerve in the body. Sciatica is a debilitating condition that starts in the lower back region and results from irritation or injury to the sciatic nerve. A common misunderstanding is that any low back pain or leg pain is sciatica, but sciatica is the specific pain directly resulting from sciatic nerve pathology.

Patients affected by this condition may experience pain and paresthesias (i.e., numbness and/or tingling) along the sciatic nerve distribution. In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated by disc material that ruptures. This irritation is due to a combination of pressure and inflammation around the nerve.

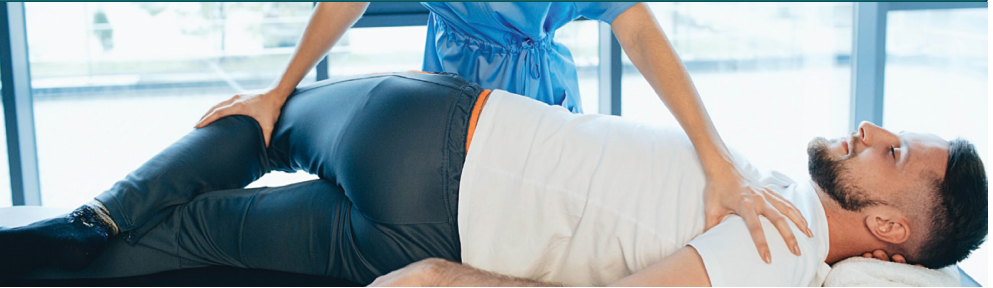
Sciatica is often a constant pain in the lower back and travels down the buttock, thigh, calf, and into the foot. Sciatica pain often is worsened with flexion of the lumbar spine, twisting, bending, or coughing. In most cases, a physical therapist can help identify what is causing the condition and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

Call Us Today (907) 562-2118

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

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PHYSICAL THERAPY TREATMENTS FOR SCIATICA



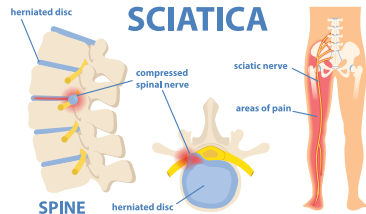
Physical therapy treatments for sciatica. Our physical therapists will guide you through all treatment phases, from the initial diagnosis to the therapeutic and preventive stages of recovery. We will start with a comprehensive evaluation and a movement assessment to identify all the factors contributing to your condition. Using this information, we will develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and any other appropriate pain relief techniques.

- **Passive treatments** for sciatica relief may include electrotherapy and targeted manual therapy, including joint mobilization/manipulations and soft tissue work. These different treatments help reduce pain, stimulate blood flow, increase your joint and tissue mobility and accelerate healing.
- **Active treatments** include motions, stretches, and specific exercises to reduce pain, restore movement, and strengthen the spine. Our physical therapists will teach you exercise programs that you can do at home to manage your pain.

Understanding precisely what sciatica is and how to manage it can help you be proactive and find solutions that work!

How can I relieve my sciatica pain? First and foremost, you should consult with one of our physical therapists as soon as possible. At your appointment, you can expect to undergo a physical exam and evaluation. We will include a health history and specific testing procedures, including evaluation of posture, movement and flexibility, and of muscle and joint motion and performance, to identify the source of your symptoms.

By consulting with a physical therapist as soon as you begin to notice pain, you'll be able to recover quicker and avoid damage to the spinal joints and nerves. Your interventions will be based on the evaluation and severity of your condition. In addition, you will receive self-management recommendations that will likely include targeted stretches, postural advice, and strengthening exercises to perform at home.



Call us today for sciatica pain relief! You deserve to live a life free of pain and discomfort. Our goal is to help you return to doing things you love doing without the threat of injury! If you are living with the constant aches and pains of sciatica, call Wise Physical Therapy today to get started on the first steps toward sciatica pain relief.

Sources:
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>
<https://www.apta.org/article/2020/10/08/sciatica-study>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>

HOW ARE WE DOING? LET US KNOW!

We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. Scan the QR code to go directly to our Review Us page. We look forward to seeing you again soon!



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BERRY ALMOND SMOOTHIE BOWL



INGREDIENTS

- 2/3 cup frozen raspberries
- 1/2 cup frozen sliced banana
- 1/2 cup plain unsweetened almond milk
- 5 tbsp sliced almonds, divided
- 1/4 tsp ground cinnamon
- 1/8 tsp ground cardamom
- 1/8 tsp vanilla extract
- 1/4 cup blueberries
- 1 tbsp unsweetened coconut flakes

DIRECTIONS

Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth. Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.

EXERCISE ESSENTIALS

SEATED SCIATIC NERVE TENSIONER



Sit in a chair with one foot flat on the ground and the foot on the side you want to work flexed with your toes pointing towards your face. Lift one lower leg by lightly contracting the upper thigh while simultaneously lowering your head, slowly tucking your chin towards your chest and exhaling. Slowly return to start. 3 Sets, 10 Reps, 0 Hold



PATIENT SUCCESS STORY



"My back pain was bad after a simple injury. It was painful to sit for long periods, sleep, and I needed help getting dressed. After being seen and was taught the tools to help strengthen my back, I am now back to being pain-free. It feels so much better! Everyone at Wise PT was so nice and caring. The front office staff always had smiles on their faces and the therapists were amazing at explaining not only what you're doing, but why the exercises were helping." — **Samantha H.**



Do You Have Friends Or Family Who Can't:

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



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