Anatomy Physiotherapy Clinic

NEWSLETTER



FIND RELIEF FROM YOUR SCIATICA

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At Anatomy Physiotherapy, our physiotherapists are experts at treating sciatica and helping you find relief!

Sciatica, also referred to as "lumbar radiculopathy," is a pain, numbness, or tingling that radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks and down the legs into the toes, making it the largest nerve in the human body.

When this nerve becomes irritated, pain or paresthesias ensue. Typically the symptoms are felt in the lumbar area, down the leg behind the thigh and into the lower leg and foot.

The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

Contact Anatomy Physiotherapy today to set up an appointment with one of our experts. We'll provide you with the relief you need to live life comfortably once again!

Understanding How to Treat Sciatica

Sciatica is diagnosed through a physiotherapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physiotherapist's conclusions.

Once you are diagnosed with sciatica, a physiotherapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain
- Improving motion
- Increasing strength
- Improving flexibility
- Educating you on how to sit, stand, bend, and twist
- Returning to normal activities

Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physiotherapists will teach you an exercise program you can do at home to manage your pain.

Many exercises can help strengthen the muscles of the spinal column. Most of these exercises focus on improving your core. The core is comprised of muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

Stretches for sciatica are designed to target restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a "directional preference," meaning what helps the patient feel and move better.

Your home program will focus on improving your pain and restoring your motion so you can resume the activities you enjoy!.

See Inside

- *How Can Physiotherapy Help With Your Sciatica?*
- *Exercise Essentials*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

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www.anatomyphysioclinic.com



HOW CAN PHYSIOTHERAPY HELP WITH YOUR SCIATICA PAIN?

If you're experiencing sciatica, contact one of our physiotherapists! Your physiotherapist will perform a thorough physical examination and provide you with solutions that work based on their findings.

Your therapist will identify the best way to resolve your sciatica pain using directional preference and strengthening exercises. They will examine how you respond to specific movements and positions. These particular movements and positions become the starting point for treatment.

Next, your therapist will focus on areas where you struggle with weakness or develop compensations due to sciatica pain. These exercises will be targeting your core strength. In addition, your therapist will guide you through the postures that help alleviate your pain and minimize the risks of it returning.

As you progress and improve, your physiotherapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

We will spend one-on-one time with you at each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

Contact Anatomy Physiotherapy for neck pain relief!

Physiotherapy can provide you with the treatment you need to alleviate your sciatica. If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact Anatomy Physiotherapy for relief. We'll provide you with an individualized treatment plan to help you get back to your everyday life as quickly as possible!

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Patient Success Spotlight

"Andrew and his staff are phenomenal."

Andrew and his staff are phenomenal. Their technique and care have helped me through my back injuries. Not only do they help with treatment, they also take the time to really explain how the injury impacts the body. Highly, highly recommend. **– Mohammed A-M.**

COVID-19 Precautions

Anatomy Physiotherapy is focused on keeping our equipment and facilities clean for you, **as well as wearing masks and face shields**. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



DO NOT TOUCH MUCOUS



KEEP YOUR DISTANCE FROM THOSE INFECTED

HEALTHY RECIPE

Slow-Cooked Ropa Vieja



INGREDIENTS:

- 1 beef flank steak (2 pounds)
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cups beef broth
- 1/2 cup dry vermouth
- 1/2 cup dry red wine/ additional beef broth
- 1 can (6 oz) tomato paste
- 1 large onion, thinly sliced
- 1 large carrot, sliced
- 1 small sweet red pepper, thinly sliced
- 1 Cubanelle or mild banana pepper, thinly sliced
- 3 sprigs fresh oregano
- Hot cooked rice

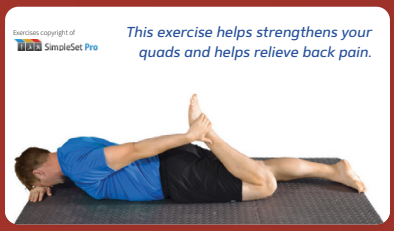
DIRECTIONS: Cut steak into 6 pieces; sprinkle with salt and pepper. Heat a large skillet over medium-high heat; brown meat in batches. Transfer meat to a 5- or 6-qt. slow cooker. Add broth, vermouth, wine and tomato paste to pan. Cook 2-3 minutes, stirring to loosen browned bits from pan. Pour over meat. Top with onion, carrot, red pepper, Cubanelle pepper and oregano. Cook, covered, on low until meat is tender, 8-10 hours. Remove oregano sprigs; discard. Remove meat; shred with 2 forks. Return to slow cooker; heat through. Serve with rice and, if desired, additional oregano, lime wedges and green olives.

https://www.tasteofhome.com/collection/healthy-winter-dinners/

Exercise Essentials

QUAD STRETCH PRONE

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh. Hold for 20 seconds and repeat on each leg.



You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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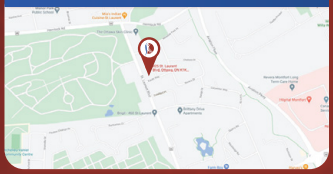
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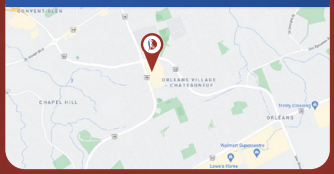
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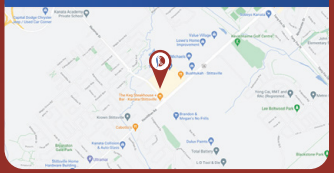
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3 Convenient Locations To Serve You!

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Call us to schedule an appointment today!

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