Anatomy Physiotherapy Clinic

NEWSLETTER



IS IT BACK PAIN OR SCIATICA?

EITHER WAY, PHYSIOTHERAPY CAN HELP YOU FIND RELIEF!

Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Anatomy Physiotherapy, we can clear it up for you and set you on the right path for relief!

As many as 80 percent of adults in the United States struggle with back pain at some point in their lives. Back pain can start for a variety of reasons. Being in a car accident, bending to pick something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physiotherapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

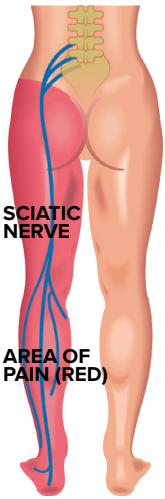
Understanding The Difference Between Back Pain And Sciatica

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Without understanding why back pain occurs or how to alleviate it, many people will suffer from it for years on end without seeking treatment.

Back pain is pain that is felt in the lower back and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or buttocks.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its characteristics. Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do everyday activities.

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See Inside

- *Exercise Essentials*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

NEW LOCATION NOW OPEN IN WESTBORO

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IS IT BACK PAIN OR SCIATICA?

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Sciatica pain develops in the nerves that exit the spinal canal and travel to the legs. Although the pain technically starts in the back, sciatic pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).

How Physiotherapy Can Help You Find Relief

Take action now if you suffer from back pain or sciatica and haven't consulted a physiotherapist. Working with a physiotherapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physiotherapy with lower back pain or sciatica, your physiotherapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

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. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

Manual Therapy — Physiotherapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

Exercise Therapy — Supervised exercises are vital to a successful outcome. A physiotherapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

Working with a physiotherapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physiotherapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

If you're experiencing back pain or sciatica, don't wait. Call Anatomy Physiotherapy today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!

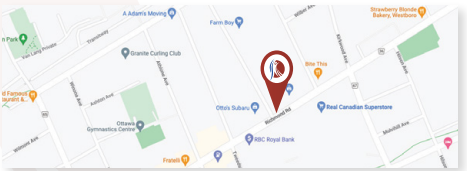
NEW LOCATION IN WESTBORO NOW OPEN

Our new location opened August 15th; located at —

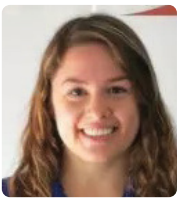
205 Richmond Road, Unit 109 in Westboro

Book your appointment today by submitting a contact form on our website or calling:

613-900-5587



STAFF SPOTLIGHT



Tanya Plaoude

Registered Physiotherapist

Tanya completed her Master of Physiotherapy at the University of British Columbia, having previously obtained her Honours Bachelor of Biomedical Science with a minor in Psychology from the University of Ottawa. Since then, Tanya has continued to pursue post-graduate education to further develop her repertoire of skills. She has completed additional training in vestibular rehabilitation, concussion management, IMS needling, Mulligan Concept manual therapy techniques, non-internal pelvic floor rehabilitation, and Advanced Integrative Musculoskeletal Physiotherapy Program level 2.

Tanya combines her manual therapy skills and knowledge of exercise science to develop comprehensive treatment programs to get her clients back on their feet as soon as possible. **Tanya is also able to take French and Russian speaking clients.**

In her spare time, Tanya enjoys skiing, hiking, cycling, bouldering, and kickboxing. She also holds a Diploma in Canine Rehabilitation to treat our four-legged friends.

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HEALTHY RECIPE



Spinach Stuffed Mushrooms

Ingredients

- 20 medium mushrooms
- 1/4 cup chopped shallots, scallions or onion
- 2 cloves garlic, chopped
- 1 tbsp balsamic vinegar
- 1/2 tsp soy sauce
- 2 cups chopped fresh spinach
- 1/2 cup Plain Oikos Organic Greek Yogurt
- Salt & pepper to taste

Directions: Wash the mushrooms and carefully remove the stems without breaking the caps. Finely chop the stems. Combine the shallots, garlic and vinegar in a small skillet or saucepan and cook for 1 to 2 minutes. Add the chopped mushroom stems and soy sauce and cook, stirring occasionally, for 3 to 5 minutes, until the mushrooms soften and release their juices. Add the spinach and cook, continuing to stir, until it is wilted and the liquid in the pan is absorbed. Remove from the heat and let cool for a few minutes, then stir in the yogurt. Season with salt and pepper to taste. Preheat the oven to 350°F. Stuff the spinach filling into the mushroom caps. Place the mushrooms in a baking pan and bake for 20 minutes, until tender. Remove from the oven and let sit for a few minutes for the filling to set before serving. Yields 20 mushrooms.

PATIENT SUCCESS SPOTLIGHT



"Having gone through many sleepless nights with sciatica and hip pain, Physio Therapist, Andrew Dings did a great job over the last couple of months in alleviating that pain. He explained everything to me in a very clear manner, and through the exercises he has given me, the pain has substantially subsided. He gave kind, professional and friendly service, as well as his staff. Thank you for everything." **– M.B.**

We would love to hear your physiotherapy success story!

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Exercise Essentials

CLAMSHELL BRIDGE

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



Try this simple exercise to help relieve sciatica pain.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

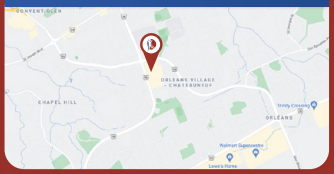
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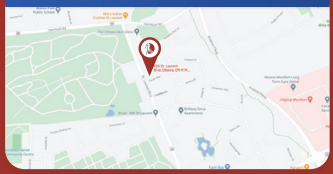
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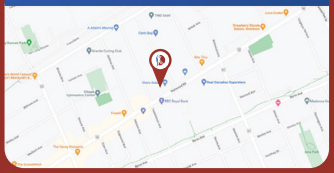
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4 Convenient Locations To Serve You!

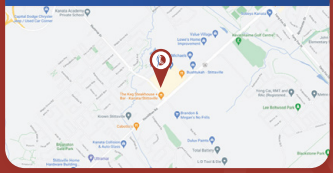
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Call us to schedule an appointment today!

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