

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

**STRUGGLING WITH BACK PAIN OR SCIATICA?
STAND TALLER WITH PHYSICAL THERAPY**

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NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



STRUGGLING WITH BACK PAIN OR SCIATICA? STAND TALLER WITH PHYSICAL THERAPY

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 Atlanta Human Performance Center, 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 differences 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.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

THE ROAD TO RECOVERY - PRE-SURGERY PHYSICAL THERAPY EXERCISE A SECRET WEAPON FOR RAPID POST-SURGERY RECOVERY



Patient Spotlight – Mrs. Barbara Hand (Pictured Above)
Written by Katrena Holmes – Social Media Consultant

Mrs. Barbara Hand braced herself for what she thought would be excruciating and debilitating pain. She had heard that having hip replacement surgery would be very painful and the rehab would also be painful but to her amazement, her post-surgery experience was virtually pain-free – her secret weapon, *pre-surgery physical therapy exercise*.

Pre-surgery physical therapy exercise is one of the most proactive things one can do if they are facing surgery. It is a specifically designed exercise program geared toward performing exercises that strengthen and increase range of motion.

Prior to having surgery, many people may be less active because of the pain they are experiencing. However, a specific therapeutic exercise program prior to surgery will help to lessen the pain and accelerate recovery after surgery.

In Mrs. Hand's case, this proved to be true. Prior to hip surgery, Mrs. Hand was receiving physical therapy treatment at Atlanta Human Performance Center for previous injuries. These injuries required strengthening both her upper and lower extremities. While receiving therapy for those injuries, her orthopedist discovered that she needed hip replacement surgery.

Unfortunately, due to the corona-virus pandemic restrictions, Mrs. Hand had to discontinue physical therapy at Atlanta Human Performance Center but without fail, she continued to do all of her exercises every day while at home. As a result, it paid off!

After Mrs. Hand's hip surgery, she could not believe that she was virtually pain-free! Her orthopedist explained to her, that it was her faithfulness of continuing her prescribed physical therapy exercise program. She exclaims, "I did not have to take opioids!"

Regarding Atlanta Human Performance Center, Mrs. Hand states, "I love this place! I feel I am important and I wouldn't go anywhere else. So many places that you go, it's like you are just a number or a face but I feel like a person here." "I have had a marvelous experience here. Everyone is just lovely and they have treated me so good."

If you or someone you know plans to have surgery, please consider an individualized pre-surgery exercise program with our doctors of physical therapy here at Atlanta Human Performance Center and let pre-surgery physical therapy exercise become your **Secret Weapon** to a rapid post-surgery recovery!

See Mrs. Hand's Atlanta Human Performance Center story here:
<https://youtu.be/XJYu7TkssHU>

Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

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

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



HEALTHY RECIPE: TURKEY MEATBALLS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar red pasta sauce
- 1/2 lb whole grain spaghetti

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

ARE YOU IN PAIN?

CALL FOR A PHYSICAL THERAPY CONSULTATION



(404) 346-1526

OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

For more information about our services and specialties, feel free to call and talk with your physical therapist today!

HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT,
DN CERT, CEO/Director of Atlanta
Human Performance Center



The New Year is Around the Corner – Join My One Year Challenge to be Fit!

As we approach the New Year and plans are being made, I'd like for you to be a part of my one-year challenge to become fit. Being fit is defined as having the proper body composition, flexibility, cardiovascular endurance and strength.

The challenge is simple, the 1st quarter of 2021 focus on flexibility, the 2nd quarter focus on strength, the 3rd quarter focus on cardiovascular endurance, and the 4th quarter finish strong with body contouring and appropriate body composition!

Although, you will be working on all these areas throughout the year, you will choose one quarter to FOCUS on one area.

2021 is a great year to regain your F.O.C.U.S.
Follow – One – Course – Until – SUCCESS!



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