

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

GET A HEAD START TOWARD FREEDOM FROM SCIATICA

ALSO INSIDE HOW CAN PT HELP RELIEVE SCIATICA PAIN
HEALTHY RECIPE

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

GET A HEAD START TOWARD FREEDOM FROM SCIATICA

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 Atlanta Human Performance Center, 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 Atlanta Human Performance Center 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 Doctor of Physical Therapy 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.

Physical Therapy Treatments For Sciatica

Our Doctors of Physical Therapy 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!

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpcpt.com.

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

RELIEF FROM YOUR SCIATICA PAIN IS HERE!

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 Doctors of Physical Therapy 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 Doctors of Physical Therapy 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 Doctor of Physical Therapy 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.

Contact Us Today to Set Up an Appointment

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 Atlanta Human Performance Center today to get started on the first steps toward sciatica pain relief.



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!



HEART HEALTHY HUMMUS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT WWW.AHPCPT.COM OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH ATLANTA HUMAN PERFORMANCE CENTER TODAY!

SPRING GARDENING TIPS

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.



PHYSICAL THERAPY TIPS

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

4 Tips to Alleviate Sciatica Pain

1. Do not sit on low sofas, soft chairs, or recliners.
2. Do not cross your legs at your knees or at your ankles.
3. Remove the wallet from your back pocket.
4. When you are sleeping on your side, put a pillow between your knees and ankles.



OUR SERVICES

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

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.

OUR PATIENTS LOVE US!

"I've been client for AHPC due to 3 different injuries and I've finish my sessions 100% better!!! Dr. Evans is the best in the business with a top notch staff and facility!!!

- 5 Star Google Review



Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



www.ahpcpt.com