

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

PHYSICAL THERAPY FOR YOUR SCIATICA PAIN

ALSO INSIDE HOW PHYSICAL THERAPY CAN HELP SCIATICA PAIN
HEALTHY RECIPE • PATIENT TESTIMONIAL

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



PHYSICAL THERAPY FOR YOUR SCIATICA PAIN

Do you have shooting pains down one leg? If you live with sciatica, you know how uncomfortable it can get. Sciatica is a condition that develops from compression or inflammation of the sciatic nerve. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s).

Fortunately, physical therapy is one of the most effective ways to treat sciatica pains. At Atlanta Human Performance Center, our therapists can help you figure out what you are dealing with and resolve it!

Physical therapy treatments can help relieve your sciatica pain and speed up the healing process. It is in your best interest to consult with a Doctor of Physical Therapy before symptoms become too severe.

If you live with sciatica, or you think you may be experiencing sciatica symptoms, contact Atlanta Human Performance Center today to discover how to help.

HOW PHYSICAL THERAPY CAN HELP SCIATICA

When patients begin their physical therapy sessions early enough, they can manage their pain quickly and in a straightforward manner. Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our Doctors of Physical Therapy will also teach you an exercise program you can do at home to manage your pain.

Targeted stretches for sciatica are designed to resolve 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.

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. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically becomes obsolete.

WHEN SHOULD I SEE A DOCTOR OF PHYSICAL THERAPY?

A good rule of thumb is to come in for a consultation as soon as you begin to notice sciatic pains – from there, your Doctor of Physical Therapy can let you know what the best course of action will be!

If the pain goes from dull to severe or travels further down the leg, there are strong indications that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be and the more likely you will experience weakness in the leg.

Sciatica symptoms may include shooting pains down one leg or persistent numbness in the lower leg and foot. Severe pain, chronic

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

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

SAY "GOODBYE" TO YOUR BACK PAIN!

pain, or persistent numbness or weakness along one side of the body are signs that physical therapy is needed.

Incontinence may also indicate that your sciatica is getting worse and immediate attention is needed. If your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions. This is very rare, but it is considered a medical emergency where surgery is needed, and if performed within 24 hours of symptoms starting, complete resolution is likely.

WHAT TO EXPECT IN PHYSICAL THERAPY

Your Doctor of Physical Therapy will perform a thorough physical examination and provide you with solutions that work based on their findings. Typically the best way to resolve your sciatica pain involves directional preference and strengthening exercises.

We will start with pain management and restoring mobility to allow you to resume normal activities around your home. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore more vigorous activity and function. Our therapists also incorporate postural corrections and body mechanic instructions to stimulate your job's everyday demands, and recreational pursuits have on your body.

Each visit you will spend one-on-one time with your therapist, and they will use hands-on techniques that get the joints, muscles, and nerves moving again. In addition we will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

CALL TODAY TO SCHEDULE AN APPOINTMENT

Contact Atlanta Human Performance Center today to learn more about our physical therapy methods for treating sciatic aches and pains. If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today.

We'll get to the root of the issue so you can get back to living your life comfortably!



ATLANTA HUMAN PERFORMANCE CENTER
PHYSICAL THERAPY & FITNESS



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!



HOT APPLE CIDER

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.



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!

OCTOBER IS NATIONAL PT MONTH

Did you know that October is National Physical Therapy Month? That's right, there's no better time to begin treatment for your aches and pains!

Physical therapy is a natural, safe, and effective mode of pain relief. Whether you're suffering from an injury or chronic pain condition, you can find relief in physical therapy—without undergoing surgery or relying on prescription drugs.

Physical therapy can treat a vast variety of conditions, including:

- Back and neck pain
- Headaches
- Sports injuries
- Work-related injuries
- Knee and hip pain
- Joint pain and arthritis

Whatever condition you are dealing with, our clinic is here to help.

At Atlanta Human Performance Center, our goal is to help you achieve your wellness and recovery goals so you can get back to living the life you enjoy. We will evaluate your symptoms, discuss your medical history, and any health constraints you may have before establishing an action plan for your path to recovery.

The primary goals of any physical therapy care plan are to address a patient's physical goals, identify and treat the source of pain, maximize the patient's ability to function independently, and prepare them for long-term success.

Are you ready to find long-term relief and stop putting up with constant discomfort and pain? Call us today to make an appointment with a [town] Doctor of Physical Therapy.

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 have been receiving Physical Therapy services from Atlanta Human Performance Center on and off for years. The entire staff is amazing! Once you complete your full treatment plan, you will feel like a brand new person. They also offer Yoga, Zumba, Senior, and Aerobics exercise classes. I hope that you will sign up for their great services!"

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.ahpct.com



PHYSICAL THERAPY TIPS

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

Sciatica Tips

- 1.) Avoid putting a wallet and/or other bulky items in the back pocket
- 2.) Circumvent low sofas and chairs
- 3.) Maintain good posture
- 4.) Visit Atlanta Human Performance Center physical therapists for proper modalities and procedures

