



## HOW TO RELIEVE YOUR SCIATICA PAIN WITH PHYSICAL THERAPY

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 physical therapist 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.

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## PHYSICAL THERAPY TREATMENTS FOR SCIATICA

Our physical therapists 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!

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 physical therapists 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 physical therapists 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 physical therapist 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.

### CALL US TODAY FOR SCIATICA PAIN RELIEF!

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.



## 5 Pool Exercises For Full Body Workout

**1. Walk in water.** It targets your arms, core, and lower body. Keep your arms in the water and move them as you walk. Engage your core and stand tall.

**2. Water arm lifts.** Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.

**3. Lateral arm lifts.** This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

**4. Back wall glide.** This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

**5. Leg kicks.** This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.





# HEALTH TIPS

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

## Difference Between Health and Wellness

You've most likely read about the importance of maintaining your health and wellness. However, health and wellness are two different things!

Being in good health can be described as the absence of physical diseases or illnesses as well as mental and emotional issues such as anxiety and depression. Your overall health pertains to your physical body and how effectively it functions—or does not.

Nutrition and exercise determine how healthy you are and how likely you are to develop acute or chronic illnesses. Factors such as genetics (having a family history of diabetes, weight gain, or other conditions) can also affect your health – you may be predisposed to some conditions more than others.

Focusing on your overall well-being, in particular, can help you maintain good health for the rest of your life! For example, you may be physically fit and disease-free, but your emotional health is deteriorating. "Wellness" refers to a healthy lifestyle that promotes happiness and satisfaction.

Being "well" does not depend on your health or your conditions. Wellness focuses on continually seeking balance in all aspects of your life, including your body, career, relationships, emotional well-being, and so much more! Your health and wellness work together to help you achieve a high level of well-being.

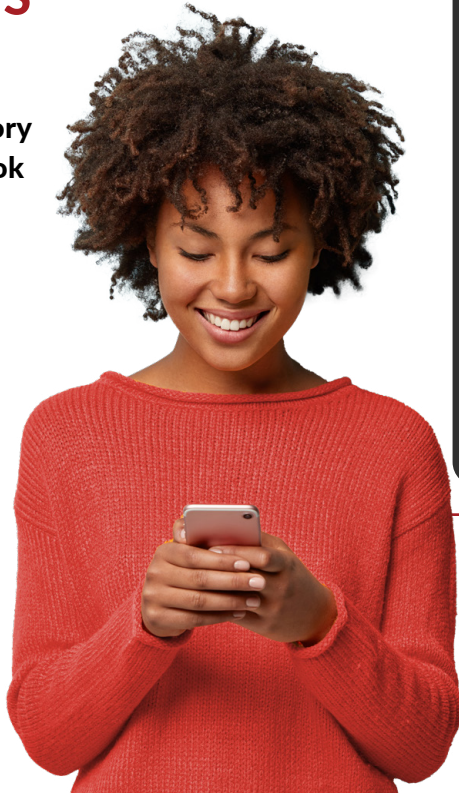
Working on getting your health and wellness in line together should be a high priority for you. Monitoring what you're eating daily, how much sleep you're getting, what your hobbies and interests are, and how much exercise you participate in can help you to stay healthy and keep a pulse on your wellbeing.

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

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



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## 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!



## GRILLED CHICKEN CAPRESE

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 2 tbsp olive oil
- 1/4 cup fresh basil

Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.



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