



AGEWELL
Physical Therapy & Wellness, P.C.

WE'VE BEEN VACCINATED!

Read more inside on the measures we're taking to keep you safe in our clinic!

Now Offering
Occupational
Therapy!

STRUGGLING WITH BACK PAIN OR SCIATICA?

Stand Taller With Physical Therapy

Read more inside on Tips for Sciatica Relief, How To Feel Better by Eating Better, and 4 Simple Ways To Make Hydration A Habit!

www.AgeWellIPT.com

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 AgeWell Physical Therapy, 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 & 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.

Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!

TIPS FOR SCIATICA RELIEF



There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physical therapy treatments:

- Performing gentle stretching exercises.
- Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
- Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.
- Using your legs to bend down when picking up objects off the floor, rather than using your back.
- Alternating ice and heat on the buttock to reduce inflammation.
- Asking your doctor about coming to physical therapy, or giving us a call.

How Successful Is Physical Therapy For Back Pain?

A study found in the medical journal SPINE proves both the physical and monetary benefits to treating back pain and sciatica with physical therapy. It demonstrates that when doctors refer their patients for physical therapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average of \$2736.36 for their low back pain treatment simply by being referred to a physical therapist in the beginning.

If you are suffering with back pain or sciatica, consult with your doctor about physical therapy treatments, or contact our office to learn more about how you could benefit. At AgeWell Physical Therapy, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physical therapy.

Has your pain come back? Give us a call at (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!



FEEL BETTER BY EATING BETTER RAINFOREST SMOOTHIES

- 3/4 cup frozen mango chunks
- 1/2 cup frozen chopped kale
- 2 tbsp honey
- 3/4 cup frozen pineapple chunks
- 2 cups reduced-fat milk or plant-based milk

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!

4 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Now Offering Occupational Therapy!

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.



- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



PATIENT SUCCESS SPOTLIGHT

"Having both hips replaced stopped the pain, but you all gave me my life back! Thank you for your patience and encouragement which helped me regain my strength and stamina so that I'm now able to once again engage in activities I love, like gardening and dancing. I would highly recommend AgeWell to anyone in need of physical therapy and I would certainly come back if I'm ever in need of PT again." - A. P.

WE'VE BEEN VACCINATED!

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, the entire team at AgeWell Physical Therapy has received the COVID-19 vaccination. Additionally, we are continuing to implement all recommended safety precautions around our clinic. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS