



AGEWELL
Physical Therapy & Wellness, P.C.



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HOW TO RELIEVE YOUR SCIATICA PAIN WITH PHYSICAL THERAPY

Read more inside on Physical Therapy Treatments For Sciatica,
3 Simple Ways To Make Hydration A Habit, and How We Need Your Help!

www.AgeWellIPT.com



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 AgeWell Physical Therapy & Wellness, P.C., 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 AgeWell Physical Therapy & Wellness, P.C. 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.

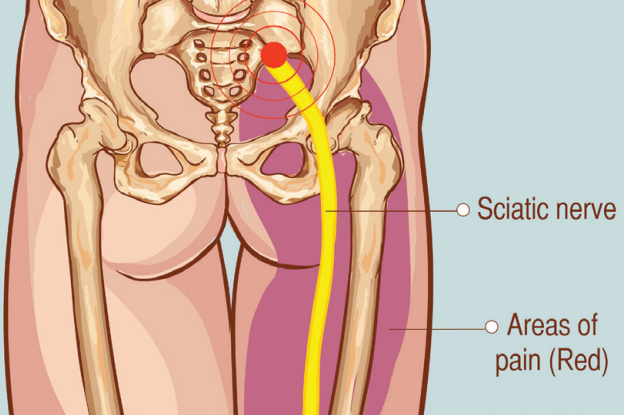
In most cases, a physical therapist can help identify what is causing the condition and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

**Get Your Life Back with
AgeWell Physical Therapy**

Give us a call today at (516) 488-8808
or visit www.AgeWellPT.com

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

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 AgeWell Physical Therapy & Wellness, P.C. today to get started on the first steps toward sciatica pain relief.**

Sources:

<https://www.ncbi.nlm.nih.gov/books/NBK507908/>

<https://www.opta.org/article/2020/10/08/sciatica-study>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>



Let's Get You Back To Feeling Your Best!

Scan the QR code above or call us at (516) 488-8808 to schedule your next appointment!

3 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Drinking enough water each day is crucial for a variety of reasons. Drinking water helps regulate body temperature, lubricates joints, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Hydration also improves sleep quality, cognition, and mood.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. *If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.*

1. Drink A Glass Of Water First Thing In The Morning.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.



To make things easier on yourself, try placing a glass of water on your nightstand the night before, so you can start drinking immediately in the morning!

2. Add Fruits Or Vegetables To Your Water.

If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

3. Set Reminders On Your Phone To Hydrate.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.

"Everyone here is great and doing their jobs well. They helped me prepare for knee replacement and now back issues. I am very satisfied with all the care they have given me. They all have expertise in all that they do."

- 5-Star Review



WE NEED YOUR HELP!

Would you take a moment to share your AgeWell experience on our [Google Review page](#)? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!

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ARE WEARING
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OUR EMPLOYEES ARE
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WHEN NECESSARY



OUR EMPLOYEES ARE
WASHING HANDS
REGULARLY



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING HANDS

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