NEWSLETTER

Beyond Physical Therapy

FEBRUARY 2023



THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

INSIDE

The Difference Between Back Pain and Sciatica

Healthy Recipe: Blueberry Muffin Overnight Oats

Patient Testimonial

1.817.769.3691 | BEYONDTHERAPYANDWELLNESS.COM

Beyond Physical Therapy

NEWSLETTER
FEBRUARY 2023
The Newsletter About Your Health & Caring for Your Body



THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Beyond Therapy & Wellness, we can clear it up for you and set you on the right path for relief!

As many as 80 percent of adults in the United States struggle with back pain at some point in their lives. Back pain can start for a variety of reasons. Being in a car accident, bending to pick something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physical therapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Beyond Therapy & Wellness today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain is pain that is felt in the lower back and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or buttocks.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its characteristics. Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do everyday activities.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with you stay in pain free this season

1.817.769.3691



Continued From Outside

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to a physical therapist about your concerns, then now is the time to take action. Working with a physical therapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physical therapy with lower back pain or sciatica, your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

Manual therapy

Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

Exercise therapy

Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

Working with a physical therapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physical therapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

CALL OUR CLINIC TODAY

If you're experiencing back pain or sciatica, don't wait. Call Beyond Therapy & Wellness today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

1.817.769.3691



BLUEBERRY MUFFIN OVERNIGHT OATS

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup blueberries, mashed with a fork
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest (+more for topping!)
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

DIRECTIONS:

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

PATIENT SUCCESS STORY

"I love Beyond! The people there are so friendly and have helped me tremendously since I began my therapy regimen."

"I love Beyond! The people there are so friendly and have helped me tremendously since I began my therapy regimen. After two kids in two years, pelvic floor PT was a must for me, and everyone at Beyond has made me feel comfortable with the process. They even helped me feed and console my crying baby a few times so I could finish my sessions! Great staff and great facilities." **-S.R.**

EXERCISE ESSENTIALS

LUMBAR SEGMENTAL EXTENSION

Stand with good posture. Find a neutral spine. Bend backwards in a very controlled manner. Think about moving joint by joint. Do not push into pain. Return to the start position.



Exercises copyright of
SimpleSet Pro
www.simpleset.net

EXERCISES TO DO INDOORS



Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jumping jacks
- Mountain climbers
- Burpees
- Jump rope
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

3 TIPS FOR BETTER POSTURE

Have you been experiencing back pain that just won't quit? The problem could be that you have poor posture. At Beyond Therapy & Wellness, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine.

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other sites. When this happens, those areas can become irritated and painful. You may also notice yourself slouching or appearing "stooped over" in the mirror.

The good news is that there are several ways to improve your posture. Here are a few tips!

1. **Take breaks to get up and move.** Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes.
2. **Maintain a healthy weight.** Extra weight can wreak havoc on your abdominal muscles, cause issues for your pelvis and spine, and create low back pain. All these can affect your posture, so it's important to keep your weight in a healthy range.
3. **Make your workspace more ergonomic.** Whether you're sitting in front of a computer, cooking dinner, or enjoying a meal, make sure your work surfaces are at a comfortable height for you.

Your body is designed to align perfectly to allow proper movement, breathing, and blood circulation. Learning to find your ideal posture is key to moving and feeling better.

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in lousy posture habits in one way or another!

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
1.817.769.3691

Beyond
Physical Therapy