



PhysioWorks

N E W S L E T T E R



**ARE YOU STRUGGLING WITH
BACK PAIN OR SCIATICA?**

*Physical Therapy
Occupational Therapy*

*Work Conditioning
Work Hardening
On-Site Worker Treatments*

*Hand Therapy
FCE*



ARE YOU STRUGGLING WITH BACK PAIN OR SCIATICA?

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 Physioworks, 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 DIFFERENCE BETWEEN BACK PAIN AND 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.

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 from 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 Physioworks, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physical therapy.



We take most medical insurances!
Call **253.867.5759** to schedule a consultation with your physical therapist at Physioworks today!

EXERCISE ESSENTIALS

Helps Relieve Lower Back Pain



FORWARD BEND - LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.

www.simpleset.net  SimpleSet Pro

REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at Physioworks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

253.867.5759

SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!

STAFF SPOTLIGHT



EZRA SAUTER,

OT, CFCE, PGAP

Born and raised in Minneapolis, Minnesota, Ezra obtained a Masters of Occupational Therapy Degree at the University of Texas Health Science Center in San Antonio. As an integral part of building

PhysioWorks' industrial rehab program, Ezra also completed his Functional Capacity Evaluator and PGAP certification. He works directly with every patient involved in our industrial program which includes patient evaluation, developing an individualized rehab strategy, and implementing the rehab plan. He monitors his team and his patients on a daily basis, has a passion for helping people get through difficult times to help return them back to their meaningful activities. Outside of work, Ezra has an active lifestyle and enjoys fitness, skiing in the mountains, and playing music. He is an avid Minnesota Timberwolves fan and has a weakness for cookie dough ice cream.



HEALTHY RECIPE

FRUIT SPARKLERS

Ingredients

- 1 whole watermelon
- 16 ounces fresh blueberries
- Bamboo skewers

Directions

Cut watermelon vertically into 1 inch thick slices. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star. Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.

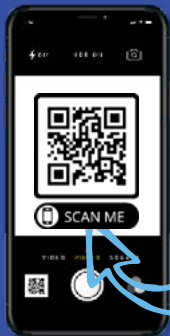


*Notice a loss of energy? Call **253.867.5759** to schedule a consultation with your physical therapist at PhysioWorks today!*

DO YOU HAVE A SUCCESS STORY WITH US?

We Make It Easy To Leave A Review!

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!



PhysioWorks

GET BACK TO LIVING YOUR LIFE PAIN-FREE!

Call us at **253.867.5759** to book your appointment today!

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IN SILVERDALE**

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CALL **253.867.5759** TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY