



physical  
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## Health & Wellness

The Newsletter About Health And Self-Care

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*Struggling with Back Pain or Sciatica?*

# STAND TALLER WITH PHYSICAL THERAPY!

**SEE INSIDE:** *How Physical Therapy Can Help Your Sciatica Pain*  
**TAKE ADVANTAGE OF OUR FREE SCREENING OFFER!**



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# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

*Struggling with Back Pain or Sciatica?*

## 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 Physical Therapy of Melissa, 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 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.

# HOW PHYSICAL THERAPY CAN HELP YOUR SCIATICA PAIN

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



## Healthy Recipe: Crock Pot Cheeseburger Soup



### INGREDIENTS

- 4 small potatoes, peeled and diced
- 1 small white onion, chopped
- 1 cup shredded carrots
- ½ cup diced celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 3 cups chicken broth
- 1 pound lean ground beef
- 3 Tbsp butter
- ¼ cup all-purpose flour
- 2 cups milk
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 cups shredded cheddar cheese

### INSTRUCTIONS

Place potatoes, onions, carrots, celery, dried basil and parsley in a large crock pot. Pour chicken broth over vegetables. Cover with lid. Cook on low heat 6 to 8 hours OR on high heat 4 to 5 hours or until potatoes are tender. About 45 minutes before serving, cook and crumble ground beef in a large skillet over medium-high heat. Drain any grease. Pour cooked ground beef into crock pot. Carefully wipe out hot skillet with a paper towel then add butter. When butter is melted whisk in flour and cook until golden brown and bubbly (about 1 minute.) Whisk in the milk, salt and pepper. Pour mixture into the crock pot and stir to combine everything. Add the shredded cheese to crock pot. Stir again. Cover with lid and cook another 30 minutes or until cheese is melted.

Source: <https://life-in-the-loft-house.com/crock-pot-cheeseburger-soup/>

## PATIENT SUCCESS SPOTLIGHT



“Great PT. I had lower back pain. Hardly any pain at all now.” — Donna B.

Check out more reviews on Google by searching “Physical Therapy Of Melissa.”



## PRACTICE NEWS

### HAPPY 10TH ANNIVERSARY PTM!!



October marks 10 years since the owners, Nat & Michelle Christadoss, opened the doors to Physical Therapy of Melissa.

“I can’t believe it has been 10 years ago since we were dreaming of having our own practice to now having a stand alone PT clinic that has transformed over 3,000 lives in our community. We wouldn’t

be where we are today without the love and support from our family, community, and our amazing staff. We are excited to see what the next 10 years have in store for us! We thank you all out there for your continued support throughout the years!” —Nat

[www.ptofmelissa.com](http://www.ptofmelissa.com)

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Visit our website or follow us on Facebook to see what’s going on at Physical Therapy of Melissa!

## Exercise Essentials

### Exercise For Sciatic Nerve Pain Relief

#### HOME LOW BACK TRACTION

Lie flat on the floor in the center of a doorway with your knees bent. Make sure your bare skin of your low back is touching the floor for friction. Hold a broomstick in front of you across the doorway. Push gradually and slowly against the stick with your arms for 1-3 minutes. Release slowly.



SimpleSet Pro  
[www.simpleset.com](http://www.simpleset.com)



For other exercises to help relieve back pain and stay active, contact your physical therapist at PT Of Melissa today!

### Do You Suffer From Sciatica Pain?

Mention or Bring in This Coupon Today For a

# FREE BACK PAIN SCREENING



If you have neck pain, please give us a call and schedule a free screening so we can get you going!

**Call Today! (972) 961-3360**

Offer valid for the first 25 people to schedule. Offer expires 11-30-20