

Solutions for Sciatica & Back Pain



Happy Birthday, OSR! On November 5th, OSR turned 21! We want to thank the many, many patients that have allowed us to be a part of their care for the past two decades. We are so grateful to be a part of your lives and healing journey. Cheers to making the next decade the very best yet!

Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to go about your daily routine? You could be suffering from sciatica.

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 normal activities of daily living. While "sciatica" may sound serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

How Can You Tell if You Have Sciatica?

Although sciatica is a commonly used term, it may also cause confusion because it is sometimes used to describe any type of back or leg pain. But "true" sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are consistent with a true sciatica.

Not all patients have pain. Some patients experience paresthesias (i.e. numbness and tingling) along the sciatic nerve's path in the leg and foot. For some, the condition may include weakness in

the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

While sciatica pain can be intense, it is treatable. For a lot of people, physical therapy can help to resolve sciatica without operation — often within just a few weeks. Even if you've suffered severe sciatica spawned from leg weakness, bladder changes or nerve issues, there's still hope.

What Causes Sciatica?

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated by disc material that has ruptured. Recent evidence suggests that sciatica is not because of "compression" but a combination of pressure, inflammation and immune system defenses.

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



We Can Help you Heal.
Call 1.480.360.3921 Today!

The Most Common Symptoms of Sciatica

Sciatica back pain is normally noticed as a pain radiating from the lower back/buttock down the leg below the knee and sometimes into the foot. The dominance of leg pain (more than back pain) is a classic characteristic of sciatica. The location of the leg pain (i.e. outer calf or back of calf); paraesthesia (i.e. numbness and/or tingling) or loss of sensation, along with weakness and/or reflex changes are all indications of sciatica. Another clear sign is increased leg pain with coughing, sneezing and/or taking a deep breath. If sciatica isn't treated, it can hinder mobility altogether.

How Physical Therapy Can Help with Sciatica

If you're experiencing sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and based on the finding provide you with solutions that work.

Education: Understanding exactly what sciatica is and how to manage it can help you be proactive and find a solution for your sciatica. Your therapist knows the solutions that work. Understanding what is going on, and more importantly, what you can do about it, has been shown to be one of the most effective solutions. It seems small but consistently it has been shown to help!

Advice to stay active: It is especially important to stay active early, despite the intensity of the pain that can be associated with sciatica. We know that rest is not an effective solution. Your

physical therapist can help you identify modifications to painful tasks and help you be safe and active.

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. The McKenzie Method is a technique that has been shown to be effective in identifying movements and positions to provide you with relief and is often used for home exercises.

Spinal manual therapy: Physical therapists often use spinal 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 with the aim of improving 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.

Call Our Clinic Today

These treatments, hand-picked by professionals, can completely eliminate sciatica over time. If you're experiencing back pain, don't wait. Call one of our physical therapists today and schedule your first appointment to have your condition assessed and your back pain treated, once and for all.

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> - <https://pubmed.ncbi.nlm.nih.gov/33017565/> - <https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub> - <https://www.bmj.com/content/367/bmj.l6273> - <https://pubmed.ncbi.nlm.nih.gov/29602304/>

It's Almost 2024!

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.

Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win
A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

We
Are
Hiring

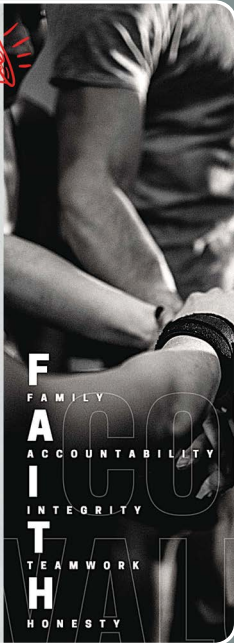


Physical Therapists

Physical Therapy
Assistants

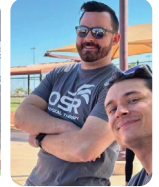
Athletic Trainer

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FAMILY
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TEAMWORK
HONESTY

Kicks 4 Kids



This October our team launched a "Kicks 4 Kids" fundraiser benefitting Phoenix Children's Foundation for our Fall teambuilding event. Being a part of the communities we serve has always been a foundational element to our company, and we couldn't be more excited to pour into this fabulous cause. Keep an eye out on social media for opportunities to help us raise money to provide holiday gifts this year at PCH!

Success Spotlight

★★★★★

"I CANNOT SAY ENOUGH POSITIVE THINGS ABOUT MY EXPERIENCE WITH OSR."

OSRPT

"I cannot say enough positive things about my experience with OSR Physical Therapy. After undergoing multiple surgeries, I have been fortunate to work with this incredible team of professionals who have been instrumental in my recovery journey.

Their friendliness and warm demeanor helped alleviate any anxiety I had about the insurance and payment process. It's clear that they genuinely care about their patients' well-being, and that made all the difference in my recovery. The therapists at OSR are highly skilled and knowledgeable. They tailored my treatment plan to my specific needs, taking into account my surgeries and individual circumstances. They not only helped me regain strength and mobility but also provided valuable guidance on how to manage my recovery at home. What truly sets OSR Physical Therapy apart is their commitment to a holistic approach to healing. They not only focused on the physical aspects of my recovery but also addressed the emotional and psychological aspects, providing much-needed support and encouragement throughout the process." - Amber

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Call us at 1.480.360.3921!

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