

I THINK I MAY HAVE SCIATICA HOW CAN I FIND RELIEF?

Merry Christmas and Happy Holidays from the MSR Family!



MSR has been selected one of finalist for Best Business Awards 2020 by Arlington Chamber of Commerce. MSR has also been selected Best Physical Therapy Clinic in Arlington by Expertise.com for 2018, 2019, and 2020.

INSIDE:

- Understanding Sciatica Treatments
- Exercise Essentials
- What Can I Do On My Own?
- What Patients Are Saying



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INTEGRATIVE PAIN
SCIENCE INSTITUTE

**FUNCTIONAL
NUTRITION FOR
CHRONIC PAIN**

**PRACTITIONER
CERTIFICATION
PROGRAM**

Sciatica, also referred to as "lumbar radiculopathy" is a pain that typically radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks, making it the largest nerve in the human body. When this nerve becomes irritated, pain ensues, and it is usually felt in the lumbar area and behind the thigh.

The pain can also radiate to the lower limbs, making it difficult to bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by a back injury or disc degeneration, as well.

If you have been suffering from lower back pain, or pain that radiates down to your buttocks or even down your legs, don't hesitate to contact MMA & Sports Rehab today. We'll provide you with the relief you need to live life comfortably once again!

CALL TODAY! (703) 884-7084

Understanding Sciatica Treatments

Sciatica is diagnosed through a physical examination and an evaluation of medical history. A CT scan or MRI may also be performed, in order to locate the root cause of sciatica. According to Move Forward PT, "Conservative care like physical therapy often results in better and faster results than surgery or pain medication." **Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:**

- Reducing sciatica pain.
- Improving motion.
- Increasing strength.
- Improving flexibility.
- Educating you on how to stand, bend, and twist.
- Returning to normal activities.



Stretching and strengthening exercises are key to treating sciatica pain. Many exercises can help strengthen the spinal column and the supporting muscles, ligaments, and tendons. Most of these back exercises focus not only on the lower back, but also the abdominal (stomach) muscles, gluteus (buttock) muscles, and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage. Stretches for sciatica are designed to target muscles that cause pain when they are tight and inflexible.

Hamstring stretching is almost always an important part of a sciatica exercise program. Most people do not stretch these muscles, which extend from the pelvis to the knee in the back of the thigh, in their daily activities. Targeted stretches can help loosen up tight muscles and improve elasticity, thus easing pain caused by sciatica.



Seasonal Recipe

Christmas Toffee



INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup brown sugar
- 1/2 cup butter (1 stick)
- 1 cup chocolate chips
- peppermint candy

INSTRUCTIONS

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

Exercise Essentials

Try this movement if you are experiencing pain.

Helps Decrease Sciatic Pain



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.



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What Can I Do On My Own?

There are some common home remedies you can try, to help ease some of your sciatica symptoms. For example, alternating with ice and heat compresses, or sleeping with a pillow between your knees can help alleviate some pain and stiffness. Sitting in a reclining chair can also help provide some relief, as it redirects the pressure from your lower back. Going for a walk or taking part in other gentle exercises can also help in getting your body moving so it doesn't become too tight.

These are some commonly used at-home treatment methods for pain management, but they unfortunately do not always work. If your home treatments are having little-to-no effect in reducing your pain and restricted motion, or if your symptoms persist for more than a week without improvement, you should seek the aid of a physical therapist. **If your symptoms worsen, be sure to consult with your therapist at MMA & Sports Rehab. Physical therapy can provide you with the treatment you need to alleviate your aches and pains.**

How do I get started?

If you believe you may be living with sciatica pains, contact MMA & Sports Rehab today to schedule a consultation with one of our experienced physical therapists. We will determine your diagnosis before creating your treatment plan. The main stages of your plan will focus on pain relief,

which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact MMA & Sports Rehab for relief. **We'll provide you with an individualized treatment plan to help you get back to your normal life as quickly as possible.**

If you would like help finding relief from your sciatica pain, call us today at 703.884.7084 or by visiting our website at www.rehabmma.com.

Practice News

Congratulations to Dr. Jen Ryan, who has completed Trigger Point Dry Needling Certification through Myopain Seminar, MD.



What Patients Are Saying

"I had been enduring debilitating pain in my shoulder for weeks when my Orthopedic doctor recommended me to go to MMA & Sports Rehab for physio. The team here was extremely welcoming and helpful. They got me on a regimen that helped reduce my pain within a matter of a week and continued to support me with strength-building exercises to prevent future pain episodes. A month in, I was pain free.

A few weeks into my program, I had a crazy muscle spasm in my lower back which left me unable to even walk straight so I called the clinic for an emergency visit. They didn't have any slots open on the day, but Dr. Ujjwal saw me during his lunch break and dry needled the trouble area bringing my pain levels to a tolerable level.

I've had a wonderful experience here, the whole team has been awesome and would highly recommend anyone to try this clinic, you won't be disappointed."

Moed Ahmad's 5 Star Review On Google