LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

DECEMBER 2022

PHYSIOTHERAPY FOR SCIATICA PAINS

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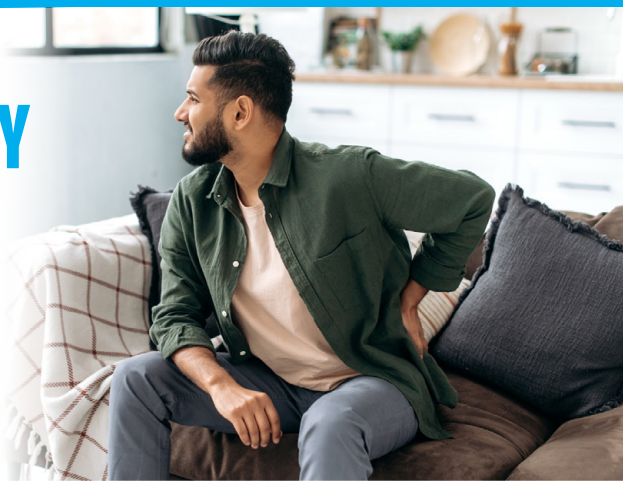

Have you been told you have sciatica? Symptoms associated with sciatica may vary. Some of the more common symptoms you may experience include:

- Burning, numbness, or tingling in the back, buttock, legs, and/or feet
- Pain that intensifies when sitting, coughing, sneezing, or bending
- Pain when bending, twisting, or sitting long periods of time
- Weakness in the legs

There is a solution to your problem that doesn't involve expensive surgeries or addictive medications. If you think you may have a sciatica, physical therapy – physiotherapy, chiropractic, athletic therapy, and massage – can help you find relief. Call our clinic today to learn more about the benefits of physical therapy, and schedule an appointment with one of our therapists.

WHAT IS CAUSING MY SCIATICA?

The most common cause of sciatica is having a herniated disc. Herniated discs can occur anywhere along the spine, but the lower back area is the spot most commonly affected. This is where the sciatic nerve originates as roots, converges to form the nerve itself before running from the lumbar spine through the buttocks region, and to the knee before it branches off into two nerves that go into the lower leg. When irritated, it can cause the slew of problems we noted earlier. But it can also cause some issues you wouldn't even think were coming from the sciatic nerve because they mimic common musculoskeletal problems of the lower extremity – like ankle or knee sprains.

HOW CAN PHYSICAL THERAPY BENEFIT ME?

If you live with sciatica pain, a physical therapist – physiotherapist, chiropractor, or athletic therapist – will devise a specialized treatment specific to you and your needs.

Your therapist can work with you to:

- Reduce sciatica pain
- Improve your mobility
- Increase your strength
- Restore your activities of daily living
- Return you to your sport
- Provide education to minimize the frequency and intensity of your future episodes *(because we're not going to lie, back pain/sciatica is like the common cold – you'll get it more than once in your life – and we hope we can teach you to recognize it's coming and be proactive about managing it before it becomes the full-blown entity it wants to be).*
- Provide education to promote an overall healthy lifestyle.

Physical therapy for sciatica is a non-invasive, effective, safe treatment plan targeted to get to the root cause of your pain.

WHAT CAN I DO IF I HAVE SCIATICA?

1. Don't worry!

Back pain and sciatica is a pandemic – around 600 million people at any given complain about it. But despite this, most episodes are short-lasting, with little or no consequence. A great attitude coupled with knowledge of our current understanding of low back pain lends to a successful outcome. Here's what we know.

- Your pain is not a result of a serious medical condition in approximately 97% of cases.
- A negative mindset, attitude, or beliefs is more associated with pain than is tissue damage.
- Lifestyle factors are more correlated to pain, than is tissue damage. Obesity, smoking, poor activity levels can negatively affect your pain levels; while, good habits and physical activity promote spinal health!
- Imaging does not determine prognosis.
- A weak core or "bad" posture does not cause pain, but loading the spine beyond its tissue capacity can.
- Spinal movement and loading is safe and builds structural resiliency when it's graded.
- Expect recurrences – We're human, and sometimes we push a bit too much. No big deal.

2. Calm sh*t down!

Pardon our french. Sometimes taking it easy and resting up is the best way to relieve pain, especially in the early stages of an injury or a re-injury to a specific spot, which needs a period of time to go through the inflammatory phase of healing. Get in touch with us to best help direct you. You certainly don't want to get to the point where you're considering prescribed muscle relaxant, anti-inflammatory, or opioid medication.

When it comes to chronic pain though, getting up and moving around is much better and more effective at relieving pain than resting or lying around all day. Physical activity releases endorphins, which have natural pain-killing properties. They also improve your mood, which is an added bonus! If you're unsure, contact us to best help get you moving again.

Your physical therapist is skilled at pain reduction using a combination of manual techniques, therapeutic modalities like electrical stimulation and acupuncture, and prescribed exercises that are specific to you (not everyone responds to the same exercises!). Give one a chance to help you!

3. Build it back up again.

The latter stages of an acute or chronic episode are similar in approach but specific to an individual. It typically involves restoring or improving the capacity of your back to tolerate the things you want to do – ex. sitting at a job for 8-10 hours a day, before you go play a game of shinny once you put the kids down to bed. (or something similar).

It's important to plan a workout or daily exercise routine that builds you back up (or builds your back up) over time. We want to avoid overdoing it and causing a flare-up again. But if it does happen, don't worry (see part 1)! If you haven't consulted a physical therapist yet, now's the time. In particular, physiotherapy and athletic therapy are wonderful options during this stage to help deliver exercise in a safe and progressive manner.

CALL US TO SCHEDULE AN APPOINTMENT

If you find yourself at the early onset of low back pain and sciatica, or have waited too long and now find yourself struggling with what to do, then don't worry. Contact us at Leaps & Bounds: Performance Rehabilitation today to learn more about our methods for treating sciatic aches and pains. We'll get to the root of the issue so you can get back to living your life doing the things you love!

Stop Living With Pain– We Can Help! Call Us Today!

(905) 847-5227!

HELP US HELP OUR COMMUNITY!

This month we will be raising money for The Oakville Fare Share Foodbank! **We will donate $10 for every Google review we receive!**

DO GOOD – LEAVE US A REVIEW TODAY!

LET'S GET SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!

A LETTER TO **OUR READERS**

Dear Reader,

When we opened Leaps and Bounds in 2016, we wanted to create a space where we could practice physiotherapy in a way that we knew to be most effective. We wanted to give you, our patients, a one-on-one experience that would allow us to make you the focus in a patient-centered model.

What does patient-centered mean? To us, it means a partnership where interactions are approached from a shared perspective. It means collaborating together while, each, fulfilling our responsibilities. Finally, it means capturing your individualized needs and meeting them with clinical knowledge, beliefs, and expertise.

We also wanted to feel more connected to home, here in Oakville. We wanted to give back to the community, while still practicing in areas we were passionate about. That is how Leaps and Bounds: Performance Rehabilitation was born.

So we just wanted to say thank you for your enduring support. We look forward to continuing to grow and serve the community, while striving to be leaders in our field, for you. And at this special time of year, your dedicated team at Leaps and Bounds: Performance Rehabilitation would like to wish you peace and joy this holiday season. Cheers to a healthy and prosperous New Year.

Sincerely,

Carolina and Pat

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STAFF **SPOTLIGHT**

We want to extend heartfelt best wishes to our friend and colleague, Dr. Brittany Boot. Brittany will be going on maternity leave to prepare for the birth of her son. Her last shift is expected to be Saturday December 17th. While we will miss her when she's gone, we wish her nothing but a safe and healthy arrival of her new bundle of joy.

Brittany has helped us secure a locum for this time, Dr. Dhurani Nimal, and we are now taking bookings for her. We will introduce her in our January newsletter.

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