



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

MAY 2023



THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

INSIDE:

• Find Back Pain Relief With Leaps & Bounds

• Essential Running Tips For Back Pain
• Help Us Help Our Community





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Have you been struggling with persistent back pain? Does your pain travel down your leg? Your symptoms can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Leaps & Bounds, we can clear it up for you and set you on the right path for pain relief, and get you back to doing the things you love!

As many as 80-90% of adults struggle with back pain at some point in their lives. It can start for a variety of reasons, and many of these are complex and multifactorial in nature. But it tends to be brought on by things like a car accident or workplace injury; maybe you felt a twinge while bending forward to pick something off the ground; or for some, perhaps you just woke up with it one morning.

Many low back pain diagnoses are non-specific, which means that not only do people suffer from back pain, but the exact "pathoanatomical" cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your therapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it! Call Leaps & Bounds today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Being educated about your back or leg pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with this type of pain is that it can be persistent

or recurrent if not managed appropriately. Not understanding why it comes on or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain itself typically refers to that pain felt in the lower back or buttocks. You may think it develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. But really, it comes down to a performance vs capacity issue. Was your back able to hold up to the demands of a certain task?

Now in some instances, you may say "This is something I do all the time, so why did my back hurt after doing it this time?"

Know that certain things affect demands of a task, like repetition, or rest between repetition. Other things affect capacity of tissue like stress, hydration, and sleep. So any increase in demands or reduction in capacity (or combination of both), can result in an episode of back pain.

Often, people are told they have sciatica when they experience pain in the low back and buttock. But sciatica is a different classification and has its own characteristics. Sciatica is often a debilitating condition that is a result of compression or inflammation of the nerve root(s) that exit the spinal canal before they converge to form the sciatic nerve. It then travels into the leg, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s).

The condition most commonly is associated with pain radiating past the buttock and down the leg. What's more, it can be associated with numbness and tingling or lower extremity weakness, making it a struggle to do everyday activities.

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FIND BACK PAIN RELIEF WITH LEAPS & BOUNDS

HOW WE CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to a therapist about your concerns, then now is the time to take action. Working with a physiotherapist, chiropractor, or athletic therapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come in with lower back pain or sciatica, your therapist will perform a thorough physical examination and provide you with solutions that works best for you.

Education

Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Education is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

Manual therapy

Our therapists often use manual therapy on their patients with back pain or sciatica. Manual therapies include a variety of techniques that mobilize one or more joints to improve spinal joint mobility and function. It can also include soft tissue techniques that help to alleviate tension and pain.

Exercise therapy

Supervised exercises in clinic or via a home program are vital to a successful outcome. A therapist will tailor your exercises, monitor you, and progress you based on your individual needs. These

exercises can include directional loading exercises (ex. Flexion or extension), nerve mobilization, or progressive strengthening.

Working with a therapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. They can identify the cause of the back pain or sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

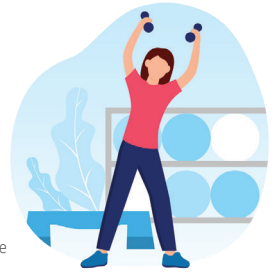
CALL OUR CLINIC TODAY

If you're experiencing back pain or sciatica, don't wait. Call us today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!

Source

<https://www.ncbi.nlm.nih.gov/books/NBK507908/>

<https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub>



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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 **Halton Women's Place!** We will donate **\$10 for every Google review we receive!**

CLICK HERE

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!



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PATIENT SUCCESS



We want to congratulate the hard work that our man, Dan G, has put in during his knee rehabilitation. Dan ran his very first marathon last month - the Revel Mt. Charleston. This run is a remarkably beautiful road race as you can tell by his pictures. It takes runners from the forests of Kyle Canyon on Mt Charleston to Las Vegas, Nevada. Well done, Dan. Let's get back to work!



CHEERS TO 7 YEARS

Happy 7th anniversary to our multidisciplinary clinic! It's been an incredible journey, and we couldn't have done it without our talented team of physiotherapists, chiropractors, massage therapists, and athletic therapists, not to mention all those who served as the face of our clinic at the front desk. We are all so grateful for the support of our amazing clients who have trusted us with their health and wellness over the years. Thank you for choosing us as your healthcare provider and for allowing us to help you achieve your goals. Here's to many more years of healing and growth together!



CLINIC STAFF SPOTLIGHT



Dr. Brittany Boot
(Doctor of Chiropractic, Sport Chiropractic Resident)

Please help us welcome back Dr. Brittany Boot. Dr. Boot has been on maternity leave since December and has returned as of May 5th. We would like to thank Dr. Dharani Nimal for stepping in as locum while Dr. Boot was on leave! We appreciate everything she's done for us!

Also, we will be saying farewell to Dr. Dharani Nimal, who was our locum while Brittany was away. Her last day will be April 6.



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Dr. Dharani Nimal (Locum)
(Doctor of Chiropractic)

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