



How Do I Know if I Need Physical Therapy for My Sciatica Pains?

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4 Simple Ways To Make Hydration A Habit • Patient Success Spotlight





How Do I Know if I Need Physical Therapy for My Sciatica Pains?

Physical therapy is one of the most effective ways to treat sciatica pains. If you are living with sciatica, you know how uncomfortable it can get. Many people with sciatica describe their symptoms as “shooting pains,” typically down one side of the body.

While sciatica does not always require physical therapy treatments, they can help relieve your pain and speed up the healing process. Because of this, it is in your best interest to consult with a physical therapist before symptoms become too severe.

If you are living with sciatica, or you think you may be experiencing sciatica symptoms, contact TherapyWorks today to discover how we can help.

HOW CAN PHYSICAL THERAPY HELP ME?

In a study published by *Spine*, a respected medical journal, physical therapy treatments for sciatica pain were seen to be a highly effective option. When a patient begins their physical therapy sessions early enough, they are able to manage their pain quickly and straightforwardly. Additionally, physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early.

This study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment. The authors attributed

the cost-effectiveness of the physical therapy approach in part to using it as a first line of defense against sciatic pain and back pain. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically become obsolete.

WHEN SHOULD I SEE A PHYSICAL THERAPIST?

A good rule of thumb is to come in for a free consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be. Sciatica symptoms may include shooting pains down one leg, buttock, or persistent aches and/or numbness in the lower back. Additionally, any dull or piercing aches along the sciatic nerve may be an indication of sciatica.

If pain goes from dull to severe, that is a strong indication that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body that doesn't seem to go away are all signs that physical therapy is needed. Incontinence may also occur as an indication that your sciatica is getting worse – if your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.

Continued inside...



Continued from outside

HOW CAN I GET STARTED?

Why wait to find relief? Contact TherapyWorks today to find out more about our physical therapy methods for treating sciatic aches and pains.

Physical therapy treatments will include targeted stretches and exercises to help strengthen the muscles around the sciatic nerve. Treatments may also focus on range of motion and postural improvement, in order to decrease stress on the sciatic nerve and prevent pain from returning in the future.

At TherapyWorks, we offer free consultations that will allow you to speak with one of our licensed and experienced physical therapists to learn their professional opinion regarding your condition. From there, if you decide to proceed, you will begin an examination process that will help determine the best personalized treatment plan for your specific needs.

If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today. We'll get to the root of the issue so you can get back to living your life comfortably!

**Call us at (785) 749-1300 or visit us at
www.therapyworkskansas.com
to schedule your appointment today!**



Has Your Pain Come Back? Come Back to PT!

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

(785) 749-1300

4 Simple Ways To Make Hydration A Habit

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H2O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



Exercise Essentials

This exercise helps ease back pain and warm up for activity

STANDING EXTENSIONS

Stand up straight. Place your hands on the small of your back. Lean backward as far as possible, keeping your knees straight. Hold for 2 seconds and return to the starting position. Complete 10 reps. Repeat up to 8 times per day as needed.



TIPS FOR BETTER GOLFING THIS SUMMER



Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:

- 1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.
- 3. Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come

from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.

- 4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://tria.com/tips-better-golfing-summer/>

Patient Success Spotlight



"When I came in I couldn't stand with straight legs and couldn't walk very far. When I did, I had enormous pain and had to walk very slowly. Now my legs function. I have much more flexibility and can walk much faster with very little, if any, pain. Everyone here is professional, courteous and knowledgeable. Thank you so much for helping me! You have changed my life!" – Carolyn

Staff Spotlight



BRITANI BAXTER, PTA

Britani completed her Physical Therapist Assistant degree at Kansas City Kansas Community College. Britani became interested in physical therapy after spending many months in and out of PT for a shoulder injury during high school and college softball. She believes that if it had not been for the wonderful PTs and PTAs she had worked with over the years, she would not have achieved her dream of playing softball at the collegiate level. Britani's hobbies include spending time outside kayaking, fishing, hiking, and biking with her husband.

AUGUST VIRTUAL WORKSHOP ROTATOR CUFF

August 11th and 25th, at 6:30pm

Scan the QR code or call us today to register for this free workshop.



SCAN ME

FACEBOOK LIVE INTERVIEW EVENT HEADACHES

August 18th. Checkout our Facebook page for more details — www.facebook.com/TherapyWorksKS/



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MONDAY	8 AM - 7 PM
TUESDAY	8 AM - 7 PM
WEDNESDAY	8 AM - 7 PM
THURSDAY	8 AM - 7 PM
FRIDAY	8 AM - 5 PM
SATURDAY	CLOSED
SUNDAY	CLOSED