



FIND RELIEF FROM YOUR **BACK PAIN** OR **SCIATICA!**

**PT Can Get You Back to Enjoying
the Things You Love the Most!**

ALSO INSIDE:

May Virtual Workshop • Exercise Essentials • Staff Spotlight





IS IT BACK PAIN OR SCIATICA?

EITHER WAY, PHYSICAL THERAPY CAN HELP YOU FIND RELIEF!



Do you experience pain when bending down or lifting objects? Are you experiencing pain in your leg or numbness in your foot? You could be suffering from back pain and sciatica. If you find yourself in pain, it's time to see a physical therapist at TherapyWorks.

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. While "sciatica" may sound severe, it's entirely curable.

If you are suffering from back pain or sciatica, you know how hindering it can be. It can be so severe that people struggle to do activities of daily living. Fortunately, we are experts at treating any back pain or sciatica you may be experiencing.

Contact TherapyWorks today to schedule a consultation and learn more about how physical therapy can help you find relief!

WHAT IS THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA?

Lower back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue.

Although sciatica is a commonly used term, it may also be confusing 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.

Sciatica may include paresthesias (i.e., numbness and tingling), weakness in the muscles of the foot and lower leg. In severe cases, it can include changes to bowel and bladder function.

While back pain and sciatica can be intense, both are treatable with physical therapy, often within a few weeks. Even if you've suffered severe pain, there's still hope!

Continued inside.

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RISK FACTORS FOR BACK PAIN AND SCIATICA

The risk factors often associated with back pain are:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated and/or inflamed by disc material ruptured.

- Risk factors for a herniated disk include:
- Smoking
- Repetitive lifting, bending and twisting
- Sedentary lifestyle
- Genetics
- Excess body weight

Physical therapy can help you identify what is causing your back pain and/or sciatica and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

**Are You in Pain?
Have You Suffered an Injury?
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.



HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

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

Education — Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. Education seems small, but consistently it has been shown to help!

Stay active — It is essential to stay active despite the intensity of the pain. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise — 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.

Manual therapy — Physical therapists often use 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 to improve 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.

Our therapists know the solutions that work. Supervised exercises that include movements, postural corrections, nerve mobilization, and/or strengthening effectively provide relief.

Starting physical therapy treatments early in the diagnosis is the best way to quickly improve and resolve your pain.

If you are suffering from back pain or sciatica, call TherapyWorks today. Don't live with the pain any longer — get relief with physical therapy!



Call Today (785) 367-3395

www.therapyworkskansas.com

Exercise Essentials

Try this simple exercise to help loosen lower back and ease sciatica pain.

PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.



Staff Spotlight



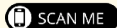
JAMES QUINN, DPT.

James Quinn, DPT, completed his bachelor's degree at the University of Kansas before receiving his Doctor of Physical Therapy degree at Wichita State University. James has always been fascinated by movement and physical activity. He chose a career in physical therapy so he could use his knowledge of movement to help keep people active and to help them reach their full health potential. James commits to his own health by jogging and making healthy eating choices. As a Lawrence native, James loves the KC Chiefs and KU basketball. In his free time, he enjoys mountain biking, hiking, walking his dog, playing with his toddler, and completing home renovation projects.



MAY VIRTUAL WORKSHOP

BACK PAIN AND SCIATICA



With Cynthia "Cindy" Johnson, M.S., MCMT
May 4th at 6:30 pm and May 18th at 6:30 pm

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



FACEBOOK LIVE INTERVIEW EVENTS

Wed., May 11th at 4:30 pm Topic: Knee Pain and Injury FAQ with Mark Hurley, PTA

Wed., May 25th at 12:30 pm Topic: Ankle Pain and Injury FAQ with Lydia Kepler, PTA

Checkout our Facebook page for more details
www.facebook.com/TherapyWorksKS/



GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!

Scan the QR code to go to our Google Review page.

