



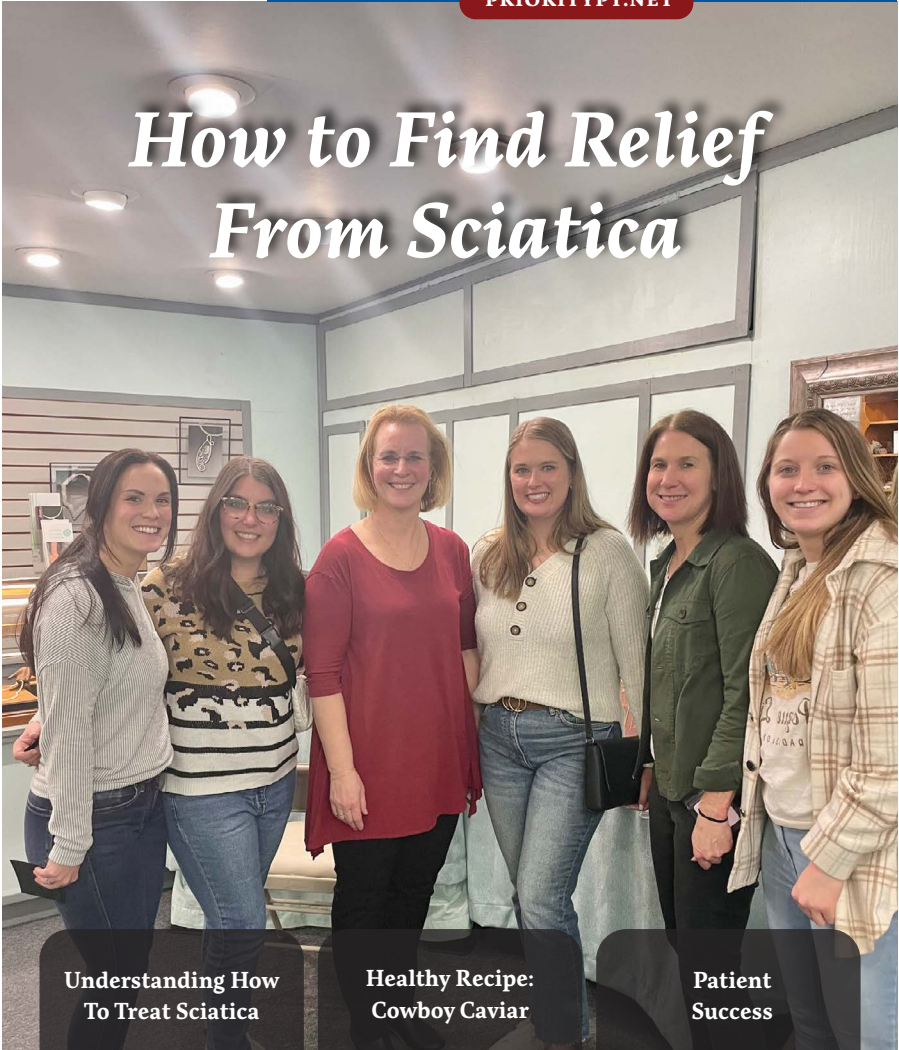
Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

PRIORITYPT.NET

## How to Find Relief From Sciatica



Understanding How  
To Treat Sciatica

Healthy Recipe:  
Cowboy Caviar

Patient  
Success

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



**Priority  
Physical  
Therapy**

# Health & Wellness

*The Newsletter About Your Health And Caring For Your Body*

**For Our Palmyra Friends...**



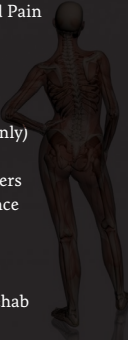
Scan this QR code or go to learn more about 24 hour affordable gym and to get started on your 2024 goals.

Or Check It Out At: [Lead.me/beamsN](https://lead.me/beamsN)

## **Make Your Body A Priority**

*We Can Help you with:*

- Arthritis
- Back Pain
- Balance & Gait Disorder
- Brain Injury
- Chronic Pain
- Dizziness & Vertigo
- Elbow Wrist & Hand Pain
- Fall Prevention
- Foot & Ankle Pain
- Headaches
- Hip & Knee Pain
- Incontinence (MO only)
- Neck Pain
- Neurological Disorders
- Pediatric Incontinence
- Pediatrics
- Pelvic Pain
- Post-Covid Rehab
- Pre/Post Surgical Rehab
- Shoulder Pain
- Sports Injuries
- Stroke
- TMJ Dysfunction
- Whiplash
- Work Injuries



## **How to Find Relief From Sciatica**

**H**ave you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At Priority Physical Therapy, our physical therapists are experts at treating sciatica and helping you find relief!

Sciatica, also referred to as "lumbar radiculopathy," is a pain, numbness, or tingling that radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks and down the legs into the toes, making it the largest nerve in the human body.

When this nerve becomes irritated, pain or paresthesias ensue. Typically the symptoms are felt in the lumbar area, down the leg behind the thigh and into the lower leg and foot.

The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

Contact Priority Physical Therapy today to set up an appointment with one of our experts. We'll provide you with the relief you need to live life comfortably once again!

**Call Or Text Us Today!**

Missouri | 573.769.6166

South Carolina | 843.536.4888

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# Understanding How To Treat Sciatica

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

Sciatica is diagnosed through a physical therapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physical therapist's conclusions.

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 sit, stand, bend, and twist
- Returning to normal activities

Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will teach you an exercise program you can do at home to manage your pain.

Many exercises can help strengthen the muscles of the spinal column. Most of these exercises focus on improving your core. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), 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.

Targeted stretches for sciatica are designed to target restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a "directional preference," meaning what helps the patient feel and move better.

Your home program will focus on improving your pain and restoring your motion so you can resume the activities you enjoy!

## How A Physical Therapist Can Help You

If you're experiencing sciatica, contact one of our physical therapists immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings.

Your therapist will identify the best way to resolve your sciatica pain using directional preference and strengthening exercises. They will examine how you respond to specific movements and positions. These particular movements and positions become the starting point for treatment.



Next, your therapist will focus on areas where you struggle with weakness or develop compensations due to sciatica pain. These exercises will be targeting your core strength. In addition, your therapist will guide you through the postures that help alleviate your pain and minimize the risks of it returning.

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.

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> • <https://www.apta.org/article/2020/10/08/sciatica-study> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>

## Call today to make an appointment

Physical therapy can provide you with the treatment you need to alleviate your sciatica. If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact Priority Physical Therapy for relief. We'll provide you with an individualized treatment plan to help you get back to your everyday life as quickly as possible!

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## Healthy Recipe: Cowboy Caviar



### Ingredients:

- 1 15-oz. can black eyed peas, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 1 1/2 c. diced roma tomatoes
- 1 jalapeño pepper, chopped
- 1 yellow bell pepper, chopped
- 1/2 c. red onion, chopped
- 1/4 c. chopped cilantro
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. seasoned salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground black pepper
- Tortilla chips, to serve

**Directions:** In a large mixing bowl, combine the black-eyed peas, black beans, tomato, bell pepper, red onion, jalapeño, cilantro, olive oil, vinegar, Worcestershire sauce, seasoned salt, cumin, and black pepper. Mix well to combine. Serve with tortilla chips.

## Happy New Year!

### Start 2024 Off Strong With Priority Physical Therapy!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.



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# PRIORITY PHYSICAL THERAPY



## Patient Success



“I came to Priority Physical Therapy because of back pain. The exercise massage of painful areas, and ending with ice over time relieved all my back pain. It also treated sciatic pain that crept up. I am able to walk without pain, and do my house work like changing the sheets on my bed and reaching into cabinets. The therapists are wonderful. I am thankful that I do not have to leave town to receive treatment. The care here is very good.” — Pat H.

### Share Your Success! Scan To Share Your Story!

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!



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