



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

PHYSICALTHERAPYINSTITUTE.COM

NEWSLETTER

Helping You Move Through Life Pain-Free



Addressing Sciatic Pain: Start Early for Best Results

[Click here to get started today!](#)

Lower back pain is bad enough. Now imagine that pain radiating down through your buttocks and into your leg. Maybe your leg becomes numb. Maybe the pain is so bad that you can barely walk!

For people with sciatica, this nightmare scenario is a reality. Sciatica is a type of lumbar radiculopathy (i.e., nerve pain) resulting from damage or irritation to the sciatic nerve, which runs from your lower back down the back of your leg. It affects between 1% - 5% of the population. Sciatica can be debilitating. In addition to intense pain, it severely limits your mobility – some people may struggle to get around at all. And because it results from nerve damage, it can also cause numbness, tingling, and other sensations in the leg.

The good news is that physical therapy at The Physical Therapy Institute is one of the best treatment options for addressing sciatic pain. Unlike pain medication, it doesn't simply mask the

symptoms – it seeks to resolve the underlying cause of your sciatic pain so that you have lasting relief.

Are you ready to say goodbye to sciatic pain for good? Call us to set up your initial evaluation today – and let us get to the root of your sciatica!

When Should I See a Physical Therapist About Sciatica?

As with most musculoskeletal pains, sooner is better! Many people try to ride out sciatic pain by taking pain medication and resting – which can actually be counterproductive and further worsen the underlying cause of your sciatica. By seeking out an early intervention, you can start feeling better faster.

You should also pay attention to changes in the severity of your pain or shifting sensations in your back and leg. Because sciatica is caused by pressure on the sciatic nerve, these changing symptoms can indicate something is happening to the nerve.

Visit us online physicaltherapyinstitute.com or call [800.783.1008](tel:800.783.1008) today!



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Symptoms Of Sciatica You Should Watch Out For

- Pain in the lower back, buttocks, and leg. (Sciatica usually only affects one leg at a time.) This pain might be dull, throbbing, aching, shooting, sharp, etc. Remember to pay attention to changes in sensation!
- Numbness or tingling in the back, buttocks, or leg
- Restricted range of motion in the back. You might struggle to twist, bend, or stand up straight.
- Walking with a limp
- Increased pain in the morning or after remaining in one position for an extended period

One symptom you absolutely shouldn't ignore is any kind of incontinence when paired with sciatic pain. This indicates a serious medical emergency that may require surgical intervention — but our physical therapists will be here waiting to help you with rehabilitation!

Fortunately, such incidents are rare. In most cases, regular physical therapy is enough to resolve sciatic pain.

Physical Therapy: Frontline Treatment for Sciatica

One of the reasons physical therapy is so effective for sciatic pain is that it focuses on resolving the underlying cause. When you come in for your appointment, our therapists will perform a comprehensive evaluation to help us determine what might be irritating, pinching, or compressing your sciatica nerve.

We'll ask you to share details about your symptoms, such as when they started and the exact sensations you're experiencing (i.e., dull pain, shooting pain, numbness). We'll also perform several movement screens that give us a complete picture of your situation. We might check the following:

- Overall mobility
- Muscle weakness and activity
- Nerve activity
- Posture
- Balance and gait



Once we understand what's causing your sciatic pain, we'll develop a customized treatment plan to address that cause. The most common cause of sciatica is a lumbar herniated disc.

Nestled between each vertebra in your spine is a vertebral disc, a soft cushion of cartilage that protects the vertebrae from rubbing against each other. If one of those discs becomes damaged — either because of a sudden injury or age-related degeneration — they can rupture or bulge, irritating the nearby sciatic nerve.

By addressing your herniated disc, you can resolve your sciatica. For most people, that means a targeted, progressive therapeutic exercise program paired with pain management techniques such as manual therapy.

Don't Let That Sciatic Pain Linger: Make Your Appointment Today!

Sciatica can dramatically impact your overall quality of life. Early intervention with The Physical Therapy Institute will ensure you say goodbye to sciatic pain for good. If you're experiencing any possible sciatica symptoms, call today to make your appointment!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> • <https://www.apta.org/article/2020/10/08/sciatica-study> • <https://www.physio-pedia.com/Sciatica>

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FREE In-Person Workshops

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries.

[Click Here To Secure Your Spot](#)

Contact Us

| | |
|---------------------------|--------------|
| Washington | 724.223.2061 |
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| Monroeville | 412.373.9898 |
| Moon Township | 412.262.3354 |
| Mount Lebanon | 412.668.3151 |
| Murrysville | 724.325.1610 |
| Robinson Physical Therapy | 412.787.8616 |
| Derry Clinic | 724.694.5737 |
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| Penn Hills | 412.241.3002 |
| Warrendale | 724.719.2326 |
| Burgettstown | 724.947.1002 |
| Monaca | 724.775.6012 |

No Doctor's Prescription Needed!

In the state of Pennsylvania you have direct access to physical therapy.

Recipe of The Month: Vegetarian Fajitas

Fajita Seasoning:

- 2 teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- Pinch of cayenne pepper
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper

For the fajitas:

- 2 tablespoons olive oil or avocado oil
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 medium red onion, sliced
- 8 oz mushrooms, sliced



- 2 cloves garlic, minced
- 1 tablespoon fresh lime juice

For serving:

- Tortillas, corn or flour
- Guacamole
- Pico de Gallo
- Cilantro
- Lime wedges
- Crumbled queso fresco or shredded cheese, optional
- Sour cream

Instructions: In a small bowl, combine the chili powder, cumin, garlic powder, onion powder, smoked paprika, cayenne pepper, salt and pepper. In a large cast iron skillet, heat the oil over medium-high heat. Add the peppers, onion, and mushrooms and stir until the veggies are coated in the oil. Add the fajita seasoning and cook for 5 minutes, stirring frequently. Stir in the garlic and lime juice and cook for 2 minutes. The vegetables should be tender but still slightly crisp. Serve the veggie fajita filling with tortillas and desired toppings.

Patient Success Spotlight

"This is my second time coming to the PT group and both experiences were positive. Corey always takes the extra time to listen to the problems I had. He would follow up with special/new techniques to combat any new or reoccurring issues. The staff here are very friendly and always create a fun and positive atmosphere!" – Jen K.

What's Your Success Story?

[Click here to tell your PT story and leave your review.](#)
We look forward to hearing from you!

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