



NEWSLETTER



PHYSICAL THERAPY SOLUTIONS FOR **SCIATICA & BACK PAIN**

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THE DETOXIFIER JUICE RECIPE



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"We'll Get You There!"

NEWSLETTER



PHYSICAL THERAPY SOLUTIONS FOR SCIATICA AND BACK PAIN



Matt Slimming
PT, DPT Founder
and CEO

by Matt Slimming, PT, DPT Founder and CEO.

Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to go about your daily routine? You could be suffering from sciatica.

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.

It can be so severe that people struggle to do normal activities of daily living. While "sciatica" may sound serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist you can find solutions to your pain and get back to living the life you enjoy!

How Can You Tell if You Have Sciatica?

Although sciatica is a commonly used term, it may also cause confusion 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. Symptoms that extend below the knee and into the lower leg and foot are consistent with a true sciatica.

Not all patients have pain. Some patients experience paresthesias (i.e. numbness and tingling) along the sciatic nerve's path in the leg and foot. For some, the condition may include weakness in the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

While sciatica pain can be intense, it is treatable. For a lot of people, physical therapy can help to resolve sciatica without operation – often within just a few weeks. Even if you've suffered severe sciatica spawned from leg weakness, bladder changes or nerve issues, there's still hope.

What Causes Sciatica?

In most cases sciatica is caused by a herniated lumbar disc where the nerve root is irritated by disc material that has ruptured. Recent evidence suggests that sciatica is not because of "compression" but a combination of pressure, inflammation and immune system defenses.

In most cases, a physical therapist can help to identify what is causing the condition and how to successfully resolve it. The combination of education and activity modification can help set the stage for a successful outcome.

How Physical Therapy Can Help with Sciatica

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

Continued inside.

CALL A CLINIC NEAREST YOU TODAY!



PHYSICAL THERAPY SOLUTIONS FOR SCIATICA AND BACK PAIN

Continued from previous page.

Education – Understanding exactly what sciatica is and how to manage it can help you be proactive and find a solution for your sciatica. Your therapist knows the solutions that work. Understanding what is going on, and more importantly, what you can do about it, has been shown to be one of the most effective solutions. It seems small but consistently it has been shown to help!

Advice to stay active – It is especially important to stay active early, despite the intensity of the pain that can be associated with sciatica. We know that rest is not an effective solution. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

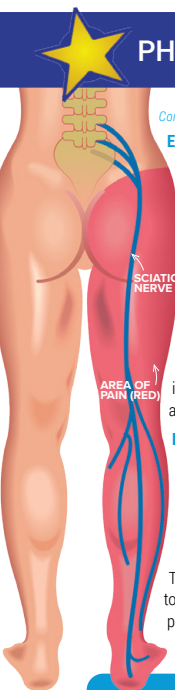
Exercise therapy – Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

The McKenzie Method is a technique that has been shown to be effective in identifying movements and positions to provide you with relief and is often used for home exercises.



Spinal manual therapy – Physical therapists often use spinal manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that moves one or more joints within normal ranges of motion with the aim of improving 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.

These treatments, hand-picked by professionals, can completely eliminate sciatica over time. If you're experiencing back pain, don't wait. Call one of our physical therapists today and schedule your first appointment to have your condition assessed and your back pain treated, once and for all.



Healthy Recipe



THE DETOXIFIER JUICE RECIPE

INGREDIENTS

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

INSTRUCTIONS:

Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: <https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

starptclinics.com

Exercise Essentials

SEATED PIRIFORMIS STRETCH

Start by sitting up straight with your knees bent and feet flat. Bend your leg and place your ankle across the top of your other knee. Rotate your trunk toward your bent knee and gently pull your knee toward your chest until you feel a stretch in your hip. Hold for 30 seconds.

This exercise helps relieve pain in your lower back.



PT WIRED
www.ptwired.com

Patient Success Spotlight

"Star Physical Therapy in Covington is full of knowledgeable and caring professionals. The facility is clean and the people working there are a pleasure to learn from. I have suffered from severe back pain for years and am finally starting to get relief. I arrived with limited mobility and am now lifting weights. This place is amazing!" – Benjamin S.



Staff Spotlight



JEROME WOLLFARTH

PT, Clinic Director in our Folsom location.

Jerome went to UNO and earned a BS in Biology then attended LSU Health Science Center for Physical Therapy. Before becoming a physical therapist he worked in a busy outpatient clinic as a physical therapy technician for 2 years. Jerome has been a practicing physical therapist since 2003 and has worked at STAR Physical Therapy since 2006 where he serves as clinical director of our Folsom clinic. He has a wide range of experiences in many settings, but he has spent most of his career in outpatient physical therapy.

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STAR PT Workshops!



LEARN MORE ABOUT ANY UPCOMING WORKSHOPS ON OUR WEBSITE!

Be sure to stay up to date on new Star PT Clinics workshops by visiting our website! Just look for the "Workshops" tab or scroll down to find the section pictured above!

UPCOMING BACK PAIN AND SCIATICA WORKSHOPS AT STAR PHYSICAL THERAPY

9/7 @ 6:00PM

**ALGIERS
CLINIC**

9/6 @ 6:00PM

**LAKEFRONT
CLINIC**

9/5 @ 6:00PM

**COVINGTON
CLINIC**

9/13 @ 6:30PM

**NEW ORLEANS EAST
CLINIC**

9/12 @ 6:00PM

**SLIDELL
CLINIC**

COME BACK TO STAR PT!

- Has an old pain flared up?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to STAR Physical Therapy. Call us today!