

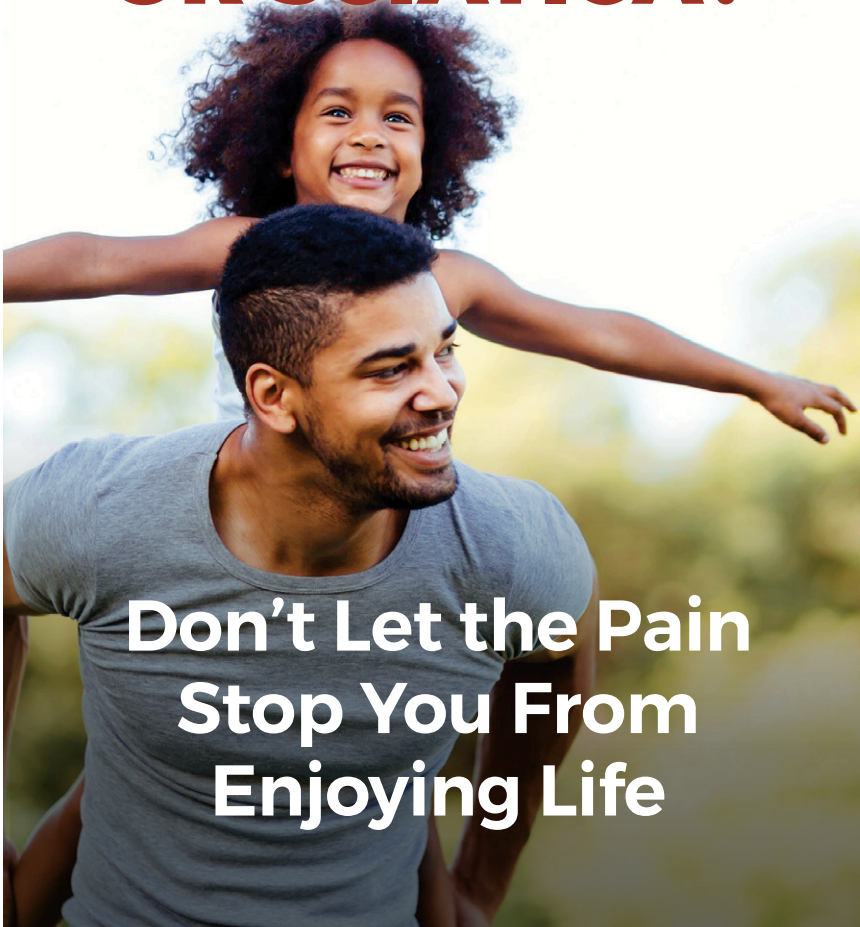
# HPT

Highland Physical Therapy

## HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

# IS IT BACK PAIN OR SCIATICA?



**Don't Let the Pain  
Stop You From  
Enjoying Life**

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## HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

### INSIDE:

- Understanding Back Pain • Enjoy Healthier Cookouts
- Patient Spotlight • Exercise Essentials



# IS IT BACK PAIN OR SCIATICA?

## Don't Let the Pain Stop You From Enjoying Life

Does life ever feel like one large pain in the back? Back pain is difficult to deal with on a daily basis, yet for so many people, this is a total reality. By certain estimates, as many as 85 percent of adults in the United States struggle with back pain at some point in their lives. The most common type of back pain experienced is in the lower back, and it can happen for any variety of reasons. Being in a car accident can cause you to experience lingering back pain for years after the accident. Accidents at work can lead to similar consequences. But sometimes the cause of your back pain isn't as straightforward. Back pain can also develop for any number of common reasons – things that you do every day without thinking twice. An old desk chair that doesn't provide much lumbar support can take its toll over time, as can wearing shoes that don't have much support, or even gaining weight, particularly around the stomach area.

Too many people consider back pain a normal experience of their lives and don't immediately seek support that could make the pain an issue of the past. Working with a physical therapist is, hands down, the best thing that you can do when you are looking to overcome back pain. A physical therapist can identify the cause of the back pain and present you with helpful strategies that can strengthen your back and reduce the severity of your pain. Physical therapy for back pain often includes a combination of targeted massage, flexibility and range of motion training, muscle building, and targeted stretching techniques. Using these strategies in combination with anti-inflammatory medication, as recommended by your physician, is often considered the most-efficient approach to handling back pain and is recommended by the American Academy of Orthopedic Surgeons.

**SCHEDULE A CONSULTATION TODAY TO GET RID OF YOUR PAIN!**



# UNDERSTANDING BACK PAIN

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it lingers. This leads many people to deal with back pain for years on end without seemingly any end in sight.

While there is back pain that develops as a result of strain or sprain, there is also something called low back degenerative disc disease, which happens when the discs in your spine weaken. This frequently develops as a result of repetitive back injury and can also develop as a result of age. With degenerative disc disease, the space between the discs begins to collapse and become unstable and will cause back pain to develop. When you work with a physical therapist to overcome back pain as a result of degenerative disc disease, your physical therapist will begin by strengthening core muscle groups, which includes the abdominal wall, and will provide you with targeted massage and stretching techniques to alleviate pain.

While some back pain is easy to identify as pain, such as is the case with degenerative disc disease, there are other situations in which the pain may be a bit more complicated to understand. One of the most common back issues experienced in the United States is sciatica pain, and this sort of pain is often a lot more difficult to identify – especially by those who aren't familiar with the problem.

How can you tell the difference between back pain and sciatica pain? The answer is that sciatica pain is characterized by the following factors:

- Constant pain is only present in one side of the buttocks or leg
- The pain becomes worse when you are sitting
- The leg pain develops more as a burning, tingling or searing sensation, and not as a plain ache
- There is a sharp pain that occurs at times, making it sometimes difficult to stand or walk
- The pain is radiating, shooting down the leg and sometimes even into the feet and toes

Sciatica pain develops in the nerves that connect the lower back to the legs, and so while the pain itself is generated from the back, a lot of time, the experience of the pain is more largely associated with the upper legs. What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica pain instead causes a buildup of tingling, numbness and weakness in the lower back and upper legs, and the pain isn't consistent either. The sensation will typically run through the leg in waves, causing discomfort at seemingly unpredictable times.

If you are experiencing back pain and you haven't talked to a medical professional about the concern, then now is the time to take action. Working with a physical therapist can cut your time struggling with back pain literally in half. For more information about overcoming back pain, contact us.

Source: <https://www.spine-health.com/conditions/sciatica/what-you-need-know-about-sciatica>

**DIRECT ACCESS**

**(845) 691-9169**

**You No Longer Need a Referral for Physical Therapy!  
Come See Us and Take Hold of a Changed Life, Today!**

## PATIENT SPOTLIGHT

**“ I have improved extremely in mobility and movement due to their exercises and knowledge.”**

“I have been patient at Highland physical therapy for many weeks after being diagnosed with a back injury and the experience has been so positive. Their therapists have been so helpful and caring. I have improved extremely in mobility and movement due to their exercises and knowledge. I recommend Highland Physical Therapy highly. You will enjoy the experience as you rehabilitate your injury.” - **D.R.**

**You Can Be Free of Your Pain! Call Today or visit us at [www.hptny.com](http://www.hptny.com)**



# ENJOY HEALTHIER COOKOUTS

## MAIN DISHES *Instead of greasy burgers, brats and hot dogs, try ...*

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

## CONDIMENTS *Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...*

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil-based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

## SIDE DISHES *Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...*

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

# EXERCISE ESSENTIALS

## A good stretch for your lower back.

Exercises copyright of  SimpleSet Pro

### DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.



## Our Services

- Manual Therapy
- Therapeutic Exercise
- Therapeutic Massage
- Balance & Fall Prevention
- Joint Mobilization
- Graston Technique
- Electric Stimulation
- Laser Therapy
- Kinesio Taping
- Ultrasound

## Has Your Pain Come Back?

**1** Keep up with your physical therapy 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 pain.

**3** Call Highland Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

## Are You In PAIN?

You may benefit from physical therapy if you suffer from:

- Lower Back Pain
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- Problems Walking
- Dizziness
- Sports Injury

We can get you out of pain and back to the things you love!

**(845) 691-9169**

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