

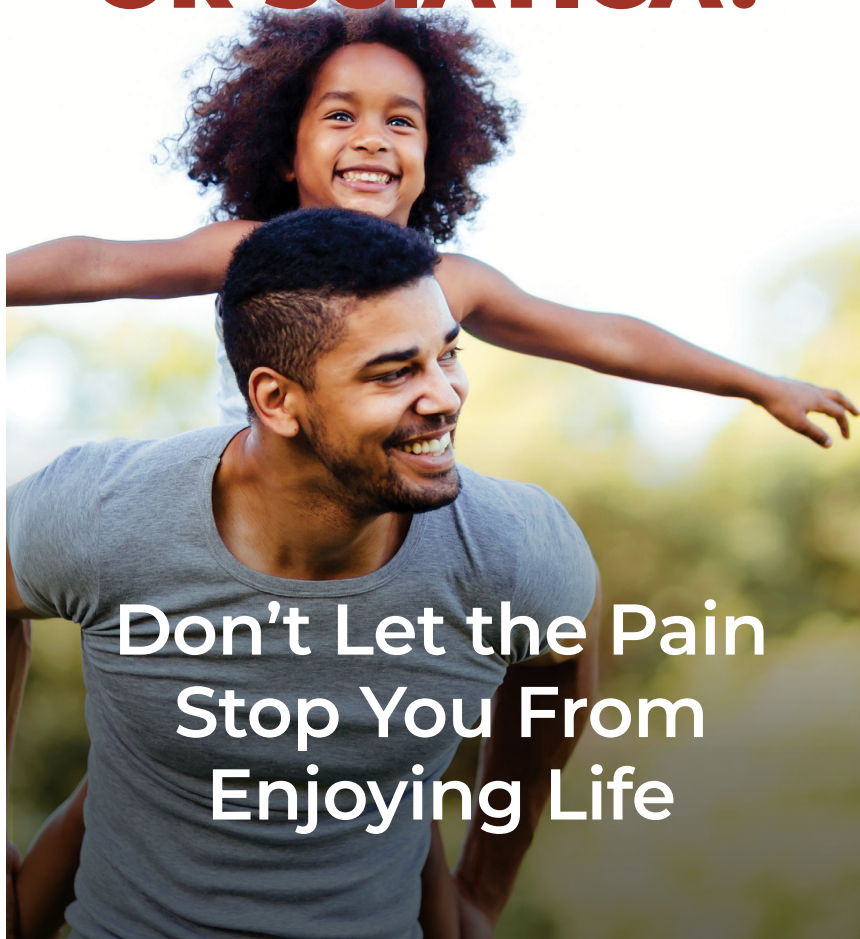
HPT

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

HPT

Highland Physical Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

- Understanding Back Pain • BELLA'S Disney Bae-Cation Fundraiser
- 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

PLEASE JOIN US TO SUPPORT AND HELP

BELLA'S

DISNEY BAE-CATION FUNDRAISER

Bella was diagnosed in 2020 with Suprasellar Immature Teratoma. She dreams of going to Disney World but due to COVID, Make-A-Wish is not currently granting wishes that require flying.



SUNDAY, AUGUST 15, 2021 12PM-4PM
THE AMERICAN LEGION
29 WALNUT ST NEW WINDSOR, NY 12553 | \$25 @ DOOR
DOOR PRIZES • RAFFLES 50/50S • FOOD • CASH BAR



All funds will help make Bella's Disney wish come true.

All additional funds raised will go toward medical expenses.

PLEASE CONTACT STACY
AT 845-522-9318 WITH
ANY QUESTIONS
REGARDING HOW TO
DONATE TO THE
FAMILY DIRECTLY

Thank you For
Your Support!



EXERCISE ESSENTIALS

A good stretch for your lower back.

DOUBLE KNEE TO CHEST STRETCH

Lie 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.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Call (845) 691-9169

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

HPT

Highland Physical Therapy