

HPT

Highland Physical Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**STAFF
SPOTLIGHT**
RUBY GALOPE, PT



DECODING DISCOMFORT

UNDERSTANDING THE
DIFFERENCE BETWEEN
BACK PAIN AND
SCIATICA

Use It Or Lose It!

Let us help you get a head start going into 2024,
before your deductible renews again!

INSIDE

- Exercise Essentials:
Towel Crunches
- Use It or Lose It!
- Patient Success Story
- You Can Be Someone's
Inspiration!

**If you want to improve your health, tackle
your pain, and start enjoying life again, call
us today to set up an appointment!**

845.813.0550

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The Newsletter About Your Health and Caring for Your Body

**Free Screenings
Coming Soon!**

We are offering free screenings with our highly trained Physical Therapist and owner of the practice Jeffrey Gersch! Keep a lookout on our Facebook page for more information.

DECODING DISCOMFORT

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At Highland 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.

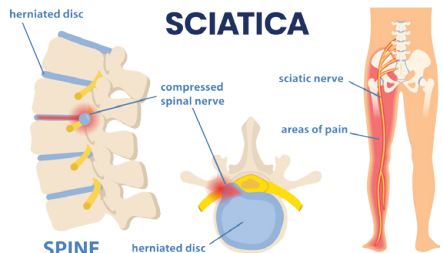
The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

Contact Highland 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!

Understanding How To Treat Sciatica

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.



Continued on next page.

Call 845.813.0550 today!

SCHEDULE A CONSULTATION TODAY TO GET RID OF YOUR PAIN!

DECODING DISCOMFORT

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Continued from previous page.

This includes:

- Reducing sciatica pain
- Improving motion
- Educating you on how to sit, stand, bend, and twist
- Increasing strength
- Improving flexibility
- 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.

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 Highland 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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EXERCISE ESSENTIALS

Try this exercise to help relieve low back pain.

DOUBLE KNEE TO CHEST

Start on your back with your knees bent. Slowly bring both knees to your chest. Grasp your knees. Hold for 30 seconds and repeat.



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

You Can Be Free of Your Pain! Call Today or visit us at www.hptny.com

A Reminder To...

**USE IT
OR
LOSE IT**



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? **If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses.** This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2024, before your deductible renews again!
Go online or call today to schedule your appointment!



STAFF SPOTLIGHT

RUBY GALOPE, PT

Meet our part time Physical Therapist Ruby Galope. Ruby is licensed to practice physical therapy in the Philippines and New York! She graduated March 2001 at Liceo De Cagayan University, and received her Bachelor of Science in Physical Therapy. She then earned her United States Physical Therapy License in July

2012. Ruby has cared for patients in outpatient / inpatient facilities and some home care settings as well!

Ruby's knowledge and experience both in the Philippines and New York has made her an amazing addition to the team. When Ruby's not in the practice assisting patients, she is enjoying the beauty of nature, her garden and spending time with her family & friends.



PATIENT SUCCESS STORY

"Sonya is amazing! All of the staff are upbeat/welcoming people who have impressive skills and make you feel so welcome."

—Elise R.

"It is a nice relaxing place. **They make you feel like your family and take care of you**" —Charles A.

Start Your Own Success Story — Call Today!

845.813.0550

Our Services

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

YOU CAN BE SOMEONE'S INSPIRATION!

By sharing your physical therapy success story, you can inspire others to find relief from their pain and start living a healthier, stronger, and more active life.

Click on one of the links below or scan the QR code to visit our review page and share your success story with others.

HIGHLAND

MARLBORO



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!

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