



MAKING MOVES TO UNDERSTAND SCIATICA AND BACK PAIN

www.taylor-rehab.com

INSIDE:

- A 30-Second Self-Test For Sciatica • Exercise Essential
- Have You Met Your Insurance Deductible?



MAKING MOVES TO UNDERSTAND SCIATICA AND BACK PAIN

If you've experienced back pain, and even leg pain, you might have a deeper issue. Your minor aches and pinched nerves could be symptomatic of sciatica. While "sciatica" may sound serious, it's entirely curable.

What Is Sciatica?

Sciatica is pain that radiates alongside the sciatic nerve. This nerve, which branches from your lower back — spanning across your hips, buttocks and legs — can be injured or stressed in several ways. The most common cause of sciatica-related pain is inflammation along the spine, where compressed nerves are aggravated.

While sciatica pain can be intense, it is treatable. A lot of sciatica cases, in fact, can be resolved without operation — and 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 occurs when one of the back's discs are herniated. It can also happen if the spine narrows — an effect called spinal stenosis. As we age, our backs undergo a lot of stress. This stress takes a toll, causing inflammation in several areas. If this inflammation reaches a certain point, it may compress these nerves — resulting in pain.

What Are the Symptoms of Sciatica?

Sciatica back pain is normally noticed as a pain radiating from the lower back. Often, this pain extends to the buttock, spiraling down the leg and extending to the calf. If you're suffering from sciatica, you might feel the discomfort anywhere along this nerve pathway.

The pain itself can be dull, aching or even sharp. In some cases, the compressed nerve may feel like it burns. In other cases, the compressed nerve may simply issue a sharp jolt of pain. Some people experiencing sciatica may experience leg numbness, tingling or weakness. If sciatica isn't treated, it can hinder mobility altogether.

How Physical Therapy Can Help with Sciatica

If you are experiencing sciatica, call one of our offices immediately to set up an appointment with one of our physical therapists. Let us help you get to the cause of your sciatica and develop an effective treatment plan to resolve the source of your pain. Physical therapy can reduce sciatica compression by carefully introducing appropriate exercises as well as "hands-on" techniques to your spinal joints as well as muscles of your spine and pelvis. The professionals at Taylor Rehab also use cutting edge techniques such as Class 4 Deep Tissue Laser, Graston technique, cupping and dry needling to help reduce the pain and inflammation contributing to sciatica.

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 professionals today, and ask about physical therapy options. Your mobility is important, and your back can be healed.

Sources

<https://www.webmd.com/back-pain/what-is-sciatica#1>
<https://www.medicinenet.com/sciatica/article.htm>
<https://www.mayoclinic.org/diseases-conditions/sciatica/symptoms-causes/syc-20377435>
<https://www.medicalnewstoday.com/articles/7619.php>



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend that you come in for an appointment.*

Call Taylor Rehab
to talk with your
physical therapist
today!

A 30-Second Self-Test For Sciatica

Do you have back pain or leg pain when standing or walking?

Do you have a shooting pain in your leg when you stand up?

Do you need to sit down for a minute for the pain to go away?

30 Second Self-Test for Sciatica

- Sitting on a chair, look down.
- Straighten one leg, with toes in the air.
- Repeat for the other side.

What it means: If the leg with pain, numbness or tingling does not go up as high as the other leg, you likely have Sciatica.

Your next step is to see what is causing the pressure on your sciatic nerve. Call us to schedule an appointment. Taylor Rehab Physical Therapy can help you relieve your Sciatica pain.

You know you are getting older when your back goes out more than you do!

Seasonal Recipe

Christmas Toffee

INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

DIRECTIONS

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.



Patient Success Spotlight



"Surprised and amazed at how quickly my pain was resolved and mobility improved. Dry needling certainly was an eye-opener for pain relief. Some results for relief with the first treatment! This allowed me to perform the controlled movement exercise that increased my mobility. Shawn Taylor has been great with creating the perfect plan to get me back on track. Taylor Rehab staff are the best! They are personable, caring, and knowledgeable. You can't go wrong with this great group of professionals."



Have You Met Your Insurance Deductible?



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.**

Do you have unused money on your HSA account? Close to having met your insurance deductible for the year? Now is the time to come in for physical therapy! Are you feeling aches & pains? Need to work on your core? Let us help you get a head start going into 2021, before your deductible renews again.

Don't forget to schedule your free New Year tune up!
See the included insert for more details.

Exercise Essential



 SimpleSet Pro

FORWARD BEND LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.

Did You Know?

We Can Also Treat:

- Arthritis
- Back Pain
- Balance
- Chronic Pain
- Dizziness
- Headaches
- Hip & Knee Pain
- Neck Pain
- Neuropathy
- Pelvic Health
- Sports Injuries
- Work Injuries

Mind Exercise: *Sudoku*

	7			3	9	6		
1	6			2		8	9	
	4							3
			4	8	2			5
4				3	9	6		
5							7	
	9	2		5			4	1
		4	2	6			8	

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

Keeping Your Health In Mind

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every

session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



**OUR EMPLOYEES
WEARING PROPER
MASKS**



**OUR EMPLOYEES ARE
PRACTICING SAFE
DISTANCE**



**OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY**



**WE ARE CHECKING
THE TEMPERATURE
OF EACH PATIENT**

You're Invited To...

ONE FREE 30 MINUTE EXAM BY ONE OF OUR DOCTORS IN PHYSICAL THERAPY

When: Tuesday December 8, 2020

Morrison Plantation Location

114 Welton Way, Suite B
Mooresville, NC 28117



SCAN ME

We've cleared our
schedules Tuesday
December 8 to help
you begin to feel
normal again

To be sure you claim
your seat, call our
office at 704-658-1095
(Gateway)
or 704-660-6551
(Plantation) today!

Who's eligible?

- All past clients who have not been seen in PT in more than 2 months.
- All present clients who have another problem currently not being treated.
- All loved ones, family, or friends of our past and present patients.
- Any spouses who have been complaining of back pain especially.

These exams are ideal for people suffering with pain from:


If you are having pain or problems with day to day activities such as walking, standing, sitting for long periods, going up or down stairs, getting in or out of the car, sleeping or driving then you should schedule your exam now.

We want to celebrate by thanking our current and past patients and their friends and family. We are providing Free Exams at our clinic!

The free exam consists of a 30 min one-on-one appointment with the physical therapist of your choice. They will listen to you about your problem and how it impacts you. They will take measurements to test how well you are moving and test your strength. After your exam, they will give you a written copy of:

- The cause of your problem
- A plan for what successful treatment looks like

Taylor Rehab Physical Therapy | Top 5 Highest!
2019 Medicare Patient Progression
in the U.S. for High Volume Practices

Data is based on  **SYSTEMS 4PT** nationwide outpatient rehab practices



The Holidays Don't Have To Be Perfect! **Tips To Prevent Holiday Stress**

Be realistic.

The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick to a budget.

Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan ahead.

Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn to say no.

Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread.

Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

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