



Our team has been vaccinated against COVID-19!



Taylor Rehab Physical Therapy wishes you and your loved ones a safe and Happy Holidays!

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Struggling with Back Pain or Sciatica? **Stand Taller with Physical Therapy**


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Struggling with Back Pain or Sciatica? Stand Taller with Physical Therapy

Did you know that over 80% of people across the world will suffer an episode of back pain at some point in their lifetime? If you are suffering from back pain or sciatica, you know how hindering it can be. With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physical therapist.

At Taylor Rehab Physical Therapy, we are fully equipped to treat any back pain you may be experiencing. Contact us today to schedule a consultation and find out more about how our services can benefit you!

The Differences Between Back Pain & Sciatica

It can be difficult sometimes to determine the differences between general back pain and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve. Your sciatic nerve is the largest nerve in your body - it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet. It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. Common culprits of sciatica development include weakness in the gluteal muscles or tightness in the piriformis muscle, as they can compress and irritate the sciatic nerve.

Common Sciatica Symptoms

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience a severe pain radiating down one of their legs. It is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

Common Sciatica Treatment

The safest, easiest, and most effective mode of sciatica treatment is through physical therapy. Physical therapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure. Our licensed physical therapists will analyze the movements of the muscles surrounding the sciatic nerve, in addition to the back and hip joints. They will design an individualized treatment plan based on the specific needs of each patient, in order to strengthen the affected muscles, improve joint flexibility, and prevent problems from occurring again in the future.

Have Back Pain That Won't Go Away?

We want to help you! Call us at 704-658-1095 (Gateway)
or 704-660-6551 (Plantation)

What Can I Do To Relieve Pain On My Own?



There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physical therapy treatments:

- Performing gentle stretching exercises.
- Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
- Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.
- Using your legs to bend down when picking up objects off the floor, rather than using your back.
- Alternating ice and heat on the buttock to reduce inflammation.
- Asking your doctor about coming to physical therapy, or giving us a call.

How Successful Is Physical Therapy For Back Pain?

A study found in the medical journal SPINE proves both the physical and monetary benefits to treating back pain and sciatica with physical therapy. It demonstrates that when doctors refer their patients for physical therapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average of \$2736.36 for their low back pain treatment simply by being referred to a physical therapist in the beginning.

If you are suffering with back pain or sciatica, consult with your doctor about physical therapy treatments, or contact our office to learn more about how you could benefit. At Taylor Rehab Physical Therapy, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physical therapy.

Source:
Primary Care Referral of Patients With Low Back Pain to Physical Therapy: Impact on Future Health Care Utilization and Costs Fritz, Julie M. PT, PhD, ATC, Childs, John D. PT, PhD†; Wainner, Robert S. PT, PhD‡; Flynn, Timothy W. PT, PhD§ Spine: 01 December 2012 - Volume 37 - Issue 25 - p 2114-2121*

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Taylor Rehab Holiday Message



Taylor Rehab wishes you and your loved ones a happy and safe holiday season. We look forward to working with you to achieve your goals so you can enjoy the holidays and be prepared for the new year!



Shawn - Celebrates both Christmas and Hanukkah with his family



Stephanie - Makes homemade Turkey & Barley Soup with the leftover turkey bones the day after Thanksgiving with her family



Aaron - Eats spaghetti for dinner the night before Christmas and goes ice skating with his wife at least once a year in December



Mel - Makes homemade pierogies and participates in an ornament exchange with her family



Hollie - Watches the Christmas story multiple times in one day with her family



John - Visits Tanglewood Festival of Lights every year

Tips To Prevent Holiday Stress



The Holidays Don't Have To Be Perfect!

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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Another 5 Star Review!



"When I first met the staff at Taylor Rehab, I was experiencing lower back pain along with terrible muscle spasms and had difficulty with my balance. My therapist designed a plan to deal with my individual issues. With the assistance and guidance of the accomplished staff, I am nearly pain free and I no longer have the muscle spasms. My balance is much improved. As a senior I recognize the importance of following the plan prepared for me and doing the exercises at home. This keeps me pain free and physically active. This actually works!"

5 Star Google Review

Come Back In For Physical Therapy!

Call Your Nearest Clinic At:

Morrison Plantation: (704) 660-6551
Mooreville Gateway: (704) 658-1095

or visit www.taylor-rehab.com to schedule your appointment today!

