

HOW TO FIND RELIEF *From Sciatica*





HOW TO FIND RELIEF FROM SCIATICA

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At iMove PT, 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 iMove PT 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. This includes:

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

Learn more at imovephysicaltherapy.com

**CALL TODAY TO GET
STARTED!**

ST. LOUIS, MO (CLINIC):
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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 iMove PT for relief. We'll provide you with an individualized treatment plan to help you get back to your everyday life as quickly as possible!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> • <https://www.apta.org/article/2020/10/08/sciatica-study> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>

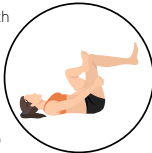
WANT TO EASE SCIATIC PAIN? GET MOVING!

While regular physical therapy at iMove PT is the best way to resolve your sciatica, several simple at-home exercises can help resolve your pain as you work through your treatment plan.

Our physical therapists will usually provide you with a personalized routine for your PT "homework." The following are common exercises we might suggest and may help relieve pain between sessions. But make sure to check with your therapist before giving them a try!

Simple Exercises to Ease Sciatic Pain

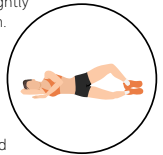
Supine Piriformis Stretch: Lie on your back with your knees bent, pointed toward the ceiling. Rest the ankle of your affected leg against your other thigh, forming a "four" shape with your legs. Gently pull your crossed leg sideways across your body until you feel the stretch in your affected glute. Hold for 10-30 seconds and repeat on the other side if you wish!



Cobra Stretch: Lie down on your stomach with your hands on the floor in line with your shoulders and your elbows tucked into your body. Inhale and press into your palms to lift your head, chest, and shoulders off the ground. Don't fully straighten your arms; make sure your chest stays lifted. Tighten your core muscles as you hold the stretch for 10-30 seconds. Gently lower back to the ground and repeat as needed.



Clamshell: Lie on one side with your knees slightly bent and your head resting on your bottom arm. You can press your top arm into the ground in front of you for support. Engage your core to help with stability. Keeping the feet together, gently lift your top knee so that your bent legs resemble the open mouth of a clam. Keep your torso still so you don't roll backward. Hold for 5-10 seconds, then lower slowly. Complete as many clamshells as you'd like, but don't forget to roll over and do the other side, too!



Sources: https://www.hss.edu/article_sciatica-stretches.asp

Patient Testimonial: Emilia B.



Watch this video from our YouTube page to learn about Emilia's experience with iMove PT. Scan the QR Code to watch now.

SPOTLIGHT ON IMOVE PT TULSA



Dr. Tyler Trumbo, DPT
Physical Therapist
& Owner of iMove PT Tulsa

It's one thing for iMove PT Tulsa to continue telling you how unique our experience is, but it's a completely different perspective to read about the experience from a patient's perspective. In this month's letter, iMove PT Tulsa is taking you into the mind of one of our patients so you can hopefully learn something new while also gaining confidence in the high quality care that the iMove PT Tulsa team provides!

How did you first hear about iMove PT Tulsa?

Jerry B. Through a friend of mine who had already experienced their amazing services.

What was your initial reaction to the concierge care iMove PT Tulsa provides compared to your previous experiences with physical therapy?

Jerry B. I was very pleased not having to leave my home with a broken leg and risk falling to get to my appointments and just stay home while also receiving amazing high quality physical therapy. It's like a gym coming to my house 2 times each week!

What were your issues when you started physical therapy and how have they improved?

Jerry B. I was not able to put weight on my right ankle because of a fracture and surgery in the beginning and my balance had been on decline for several years. I currently am able to run for the first time in 7 years because my balance is so much better and my overall strength is almost back to where it was before the injury. At 81, I didn't know if these results would be possible after such an injury.

Would you recommend someone else struggling with pain, balance deficits, weakness or just wanting to ensure optimal performance as they age try iMove PT Tulsa's concierge 1 on 1 approach to physical therapy? If so, why?

Jerry B. Without question, I would recommend this 100% of the time! I love the convenience and time saved by getting to stay home, I love how individually tailored to me the program is and I love the results that it has provided most of all!

What's been your favorite thing about the iMove PT Tulsa experience so far?

Jerry B. Being able to jog for the first time in over 7 years, even before my ankle surgery. I was a runner for 30 years and giving it up was very hard. Since jogging again, my spirits have been lifted and at 81, the emotional benefit I get from it is priceless!"

Call 573.206.8614 to get started in Tulsa today!



OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.

GET STARTED TODAY

We are here to help you.

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Scan the QR code to schedule your next appointment with our team.



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