



Santa Clarita Valley  
Therapy Services

# HEALTH & WELLNESS NEWSLETTER



## PHYSICAL THERAPY SOLUTIONS FOR **SCIATICA AND BACK PAIN**

Read more inside on How Physical Therapy Can Help with Sciatica,  
4 Tips to Avoid a Winter Slump, and This Month's Healthy Recipe!

[SCVTherapyServices.com](http://SCVTherapyServices.com)

Give us a call today at **(661) 284-1984**



## PHYSICAL THERAPY SOLUTIONS FOR **SCIATICA AND BACK PAIN**

Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to go about your daily routine? **You could be suffering from sciatica.**

Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do normal activities of daily living. While “sciatica” may sound serious, it’s entirely curable.

**Call our clinic today to make an appointment.** With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

### How Can You Tell If You Have Sciatica?

Although sciatica is a commonly used term, it may also cause confusion because it is sometimes used to describe any type of back or leg pain. But “true” sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are consistent with a true sciatica.

Not all patients have pain. Some patients experience paresthesias (i.e. numbness and tingling) along the sciatic nerve’s path in the leg and foot. For some, the condition may include weakness in the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

While sciatica pain can be intense, it is treatable. For a lot of people, physical therapy can help to resolve sciatica without operation — often 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 is caused by a herniated lumbar disc where the nerve root is irritated by disc material that has ruptured. Recent evidence suggests that sciatica is not because of “compression” but a combination of pressure, inflammation and immune system defenses.

In most cases, a physical therapist can help to identify what is causing the condition and how to successfully resolve it. The combination of education and activity modification can help set the stage for a successful outcome.

### The Most Common Symptoms of Sciatica

Sciatica back pain is normally noticed as a pain radiating from the lower back/buttock down the leg below the knee and sometimes into the foot. The dominance of leg pain (more than back pain) is a classic characteristic of sciatica.

The location of the leg pain (i.e. outer calf or back of calf); paraesthesia (i.e. numbness and/or tingling) or loss of sensation, along with weakness and/or reflex changes are all indications of sciatica. Another clear sign is increased leg pain with coughing, sneezing and/or taking a deep breath. If sciatica isn’t treated, it can hinder mobility altogether.

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!

# HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

If you're experiencing sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and based on the findings provide you with solutions that work.

## Education

Understanding exactly what sciatica is and how to manage it can help you be proactive and find a solution for your sciatica. Your therapist knows the solutions that work. Understanding what is going on, and more importantly, what you can do about it, has been shown to be one of the most effective solutions. It seems small but consistently it has been shown to help!

## Advice To Stay Active

It is especially important to stay active early, despite the intensity of the pain that can be associated with sciatica. We know that rest is not an effective solution. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

## Exercise Therapy

Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

The McKenzie Method is a technique that has been shown to be effective in identifying movements and positions to provide you with relief and is often used for home exercises.



## Spinal Manual Therapy

Physical therapists often use spinal manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion with the aim of improving spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

## Call Our Clinic Today

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 physical therapists today and schedule your first appointment to have your condition assessed and your back pain treated, once and for all.

Sources  
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>  
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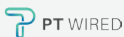
**Let's Get You Better ASAP!**

Scan the QR code to visit  
[SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule  
your next appointment now!

## MONTHLY EXERCISE

### 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.



# 4 TIPS TO AVOID A WINTER SLUMP

Are you feeling a little down this winter? If so, you're certainly not alone. The winter season is a tough time for many people. The lack of sunlight, cold weather, and shorter days can lead to the winter blues, which causes people to feel tired, lethargic, and less motivated.

The winter blues can be triggered by seasonal affective disorder, which causes some people to experience depression during the winter months. The most common symptoms include feeling down or sad, having trouble concentrating, sleeping too much, and gaining weight.

*Thankfully, there are many ways to reverse your winter slump and beat the winter blues, including:*

- 1. Exercise more:** Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.  
If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.
- 2. Socialize more:** Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated,



so it's crucial to surround yourself with a healthy and loving support system.

- 3. Take care of yourself:** Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.
- 4. Get a hobby:** Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.

## GOOGLE 5-STAR REVIEW

"The team at Santa Clarita Valley Therapy Services have been amazing with assisting me back into forward movement after surgery. I'm super happy to be doing more and not being afraid to push harder. The people are great and the progress is even better. Thank you so much!"



Scan the QR code to leave us a review!



## HUMMUS & PITA PLATE

The lunchtime sandwich may be the standard option for a school lunch, but let's face it: slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

*Nine out of 10 kids love a good hummus — why not make it the star of the show?*

Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). Whatever your child loves will work!

Your health is our highest priority. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!