

What we treat

Back Pain and Sciatica



How do you know if your back pain has become chronic?

All of us have pulled a back muscle at some point, needing to spend a day or two cozied up to an ice pack and a heating pad. If the pain, as well as stiffness or numbness problems, make it hard to function, you may well have sciatica.

What is sciatica?

When nerves in your lower back become pinched or compressed, the resulting pain, tingling and numbness affect you. You may feel it on one side only.

Several underlying causes can result in this nerve compression in your lower back. In most cases, it's a bone spur or herniated disc. It has also been known to occur when a tumor grows in the area, or when there's spinal degeneration and narrowing, which can compress the nerves.

What types of physical therapy treat back pain and sciatica?

Working on strength, flexibility and circulation are all crucial components to treating sciatic back and lower body pain. Treatments for sciatica in physical therapy are:

- Low-impact aerobics, to encourage circulation of nutrients and body fluids (as well pain-killing endorphins) to the affected area. This activity can be done outside of your physical therapy session, including walking or swimming, but your therapist will guide you through sciatic stiffness and pain as you do so.
- Stretching exercises, to boost flexibility. Sciatica often causes spasms, tightness and limited range of motion in the lower back. Hamstring stretches and lower-back moves like the “cobra” or the sitting torso twist, will loosen muscles and ligaments.
- Strength building moves, to tone the tendons, ligaments and columns that support your spine. Working your core muscles will create a core that resists lower back pain and sciatica.

Ready to eradicate your pain?

Our patients are often referred to us by their primary physicians or by a specialist, and we’ll continue to work with you to eliminate your pain. Our highly trained physical therapists will also give you a full evaluation, including a spinal alignment assessment and range-of-motion evaluations in the areas that support your back and lower body, and range-of-motion evaluations. To get started on your back pain, contact our dedicated team of physical therapists today.

Learn more about What we Treat and How we Treat it...

Sources

<http://www.spine-health.com/conditions/sciatica/physical-therapy-and-exercise-sciatica>

<http://www.mayoclinic.org/diseases-conditions/sciatica/basics/symptoms/con-20026478>