

## FEEL YOUNGER. MOVE BETTER. GET STRONGER. STAND UP TO YOUR SCIATICA PAIN



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- A 30 Second Self-Test For Sciatica
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- Have You Met Your Annual Insurance Deductible?
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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 deeper issues. You might be facing sciatica. While "sciatica" may sound serious, it's entirely curable. Inside, we'll cover sciatica back pain.

#### 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. Mayo Clinic has pinpointed the most common cause of sciatica-related pain: inflammation along the spine, where compressed nerves are aggravated.

While sciatica pain can be great, it can be treated. A lot of sciatica cases, in fact, can be resolved without operation — and in 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 disks is 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. If

you're suffering from sciatica, you might feel the discomfort anywhere along this nerve pathway. The pain can even extend to the calf.

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

#### How Physical Therapy Can Help with Sciatica

If you're experiencing sciatica, contact a physician immediately. Medical News Today asserts that over-the-counter painkillers may alleviate pain, but in-depth physical therapy is often needed. Physical therapy can reduce sciatica compression by carefully introducing exercises and relaxing treatments.

These treatments, hand picked by medical 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 absolutely be healed.

<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>





EMERY PHYSICAL THERAPY

# NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



## GETTING TO KNOW THE EMERY PHYSICAL THERAPY TEAM! JENNIFER LAUBE, PT, DPT, FAAOMPT, ATC, CSCS



Jennifer graduated Summa Cum Laude from Carthage College in 2005 with a Bachelor of Arts in Athletic Training and Business Administration. While earning her undergraduate degree she played for the women's soccer team as the starting goalkeeper, and coached youth athletes during off season. After graduation, Jennifer received her certification in athletic training (ATC) and worked as a graduate assistant athletic trainer for Carthage. In 2008, she became a Certified Strength and Conditioning Specialist (CSCS) to improve sports performance training for college and youth athletes.

In 2009, Jennifer earned her Doctor of Physical Therapy (DPT) degree from Rosalind Franklin University of Medicine and Science. Immediately after receiving her therapy license (PT) she pursued a certification in manual therapy, which she

completed in 2012, and continued with her clinical fellowship until becoming a Fellow (FAAOMPT) in 2013. She enjoys treating a variety of orthopedic, neuromuscular, and sports-related conditions, with special interest in spine, shoulder, and knee injuries. Her manual therapy background emphasizes differential diagnostics, joint mobilization or manipulation, soft tissue and neural mobilization, and individualized exercise progression. Her sports medicine background combined with an eclectic manual therapy approach allows her to help patients return to their highest level of function.

Jennifer enjoys both the clinical and educational aspects of physical therapy. She was a teaching assistant for several grad school classes and post-graduate manual therapy courses, and has lectured at many company sponsored continuing education courses. She is passionate about helping others through continued education and providing evidence based treatment. Jennifer enjoys staying active, supporting Chicago sports teams, traveling, and spending time with friends and family. She played many sports growing up, including competitive volleyball, basketball, and soccer, and continues to enjoy sports recreationally. Her experience as an athlete, coach, team trainer, and athletic trainer, in addition to personal injuries sustained playing sports, formed the basis for her passion and understanding of rehabilitative medicine, and has helped form her treatment approach.

**Call us today to start your recovery journey with Emery Physical Therapy!**



[www.emeryphysicaltherapy.com](http://www.emeryphysicaltherapy.com)

# A 30 Second Self-Test For Sciatica

- Do you have back pain or leg pain while 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

1. Sitting on a chair, look down.
2. Straighten one leg, with toes in the air.
3. 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...Emery Physical Therapy can help you relieve your Sciatica pain.



# EXERCISE OF THE MONTH

Try this movement if you are experiencing back pain

## Loosens Lower Back



### SINGLE KNEE TO CHEST STRETCH

Lie on your back and bring one knee to your chest, keeping the other foot flat on the floor. Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times with each leg.



Merry  
Christmas  
& Happy  
New Year

From: Phil, Jea, Nikki, Orville, & Daisy

CALL US TODAY IF YOU ARE EXPERIENCING BACK PAIN

## Patient Success Spotlight



**"Everyone is very caring and friendly."**

*"They helped me to return to the activities I did before my injury. Jen is super smart and experienced and fun to be around. Everyone is very caring and friendly."* - **Sheena E.**

## Direct Access To Physical Therapy

Did you know that the State of Illinois has passed direct access to physical therapy this year? You no longer need a prescription or referral to start therapy. This was done to help combat the opioid crisis and encourage the use of physical therapy as the safe and effective alternative for treatment of acute and chronic pain and injuries.

**A PHYSICIAN REFERRAL IS  
NO LONGER NEEDED FOR  
PHYSICAL THERAPY IN THE  
STATE OF ILLINOIS!**

FIND US ON SOCIAL MEDIA



## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2019. Contact us today to schedule your appointment.



## Coupon Corner!

**FREE INJURY CONSULT**



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**CALL TO SCHEDULE TODAY!  
NO PRESCRIPTION NEEDED**

**\$100 value!** Spots are limited so call today!

Call to schedule.  
Expires 1-15-19

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