



**FIND OUT WHAT IS CAUSING YOU TO
SLOW DOWN, AND FIX IT!**

**IS IT BACK PAIN
OR SCIATICA?**

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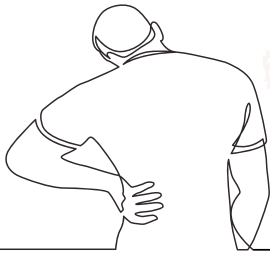


IS IT BACK PAIN OR SCIATICA?

FIND OUT WHAT IS CAUSING YOU TO SLOW DOWN, AND FIX IT!

Does life ever feel like one large pain in the back? Back pain is difficult to deal with on a daily basis, yet for so many people, this is a total reality. By certain estimates, as many as 85 percent of adults in the United States struggle with back pain at some point in their lives. The most common type of back pain experienced is in the lower back, and it can happen for any variety of reasons. Being in a car accident can cause you to experience lingering back pain for years after the accident. Accidents at work can lead to similar consequences. But sometimes the cause of your back pain isn't as straightforward. Back pain can also develop for any number of common reasons — things that you do every day without thinking twice. An old desk chair that doesn't provide much lumbar support can take its toll over time, as can wearing shoes that don't have much support, or even gaining weight, particularly around the stomach area.

Too many people consider back pain a normal experience of their lives and don't immediately seek support that could make the pain an issue of the past. Working with a physical therapist is, hands down, the best thing that you can do when you are looking to overcome back pain. A physical therapist can identify the cause of the back pain and present you with helpful strategies that can strengthen your back and reduce the severity of your pain. Physical therapy for back pain often includes a combination of targeted massage, flexibility and range of motion training, muscle building, and targeted stretching techniques. Using these strategies in combination with anti-inflammatory medication, as recommended by your physician, is often considered the most-efficient approach to handling back pain and is recommended by the American Academy of Orthopedic Surgeons.



UNDERSTANDING BACK PAIN

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it lingers. This leads many people to deal with back pain for years on end without seemingly any end in sight.

While there is back pain that develops as a result of strain or sprain, there is also something called low back degenerative disc disease, which happens when the discs in your spine weaken. This frequently develops as a result of repetitive back injury and can also develop as a result of age. With degenerative disc disease, the space between the discs begins to collapse and become unstable and will cause back pain to develop. When you work with a physical therapist to overcome back pain as a result of degenerative disc disease, your physical therapist will begin by strengthening core muscle groups, which includes the abdominal wall, and will provide you with targeted massage and stretching techniques to alleviate pain.

While some back pain is easy to identify as pain, such as is the case with degenerative disc disease, there are other situations in which the pain may be a bit more complicated to understand. One of the most common back issues experienced in the United States is sciatica pain, and this sort of pain is often a lot more difficult to identify — especially by those who aren't familiar with the problem.

How can you tell the difference between back pain and sciatica pain? The answer is that sciatica pain is characterized by the following factors:

- Constant pain is only present in one side of the buttocks or leg
- The pain becomes worse when you are sitting
- The leg pain develops more as a burning, tingling or searing sensation, and not as a plain ache
- There is a sharp pain that occurs at times, making it sometimes difficult to stand or walk
- The pain is radiating, shooting down the leg and sometimes even into the feet and toes

Sciatica pain develops in the nerves that connect the lower back to the legs, and so while the pain itself is generated from the back, a lot of time, the experience of the pain is more largely associated with the upper legs. What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica pain instead causes a buildup of tingling, numbness and weakness in the lower back and upper legs, and the pain isn't consistent either. The sensation will typically run through the leg in waves, causing discomfort at seemingly unpredictable times.

If you are experiencing back pain and you haven't talked to a medical professional about the concern, then now is the time to take action. Working with a physical therapist can cut your time struggling with back pain literally in half. For more information about overcoming back pain, contact us.

Source: <https://www.spine-health.com/conditions/sciatica/what-you-need-know-about-sciatica>

EXERCISE ESSENTIALS

Good stretch for your lower back

DOUBLE KNEE TO CHEST STRETCH

Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate heel. Repeat 10 times with each leg.



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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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PHYSICAL THERAPY

WHAT OUR THERAPISTS HAVE TO SAY...



"I like the opportunities for growth at Elliott Physical Therapy - in my time I have been able to mentor students, be a part of countless community events, and participate in numerous continuing education courses to become a better therapist each year. At Elliott Physical therapy, they care not only about the growth of their employees but setting the bar high for outpatient physical therapy."

DR. AARON SOTO, PT, DPT
Clinical Manager Hanover



"One of the things that I love about Elliott Physical Therapy is the familial bond between team members and the patients. The team works well together and welcomes all who walk through the door with open arms. The clinicians strive to give quality, individualized care and the patients can see that. At Elliott Physical Therapy, they advocate for each and every patient to get them back to their 100%."

DR. REBECCA JOSEPH,
PT, DPT, LSVT BIG Certified
Physical Therapist- Dorchester



"I like the freedom that Elliott PT provides its clinicians to treat in a way that is conducive to their background and interests. We are encouraged to grow our knowledge with continuing education in the fields we are most passionate about. The company is at the forefront of how the field of outpatient physical therapy is transitioning to providing wellness models for patients to promote healthier lifestyles and prolong people's quality of life."

DR. ZACHARY SIEGENTHALER, PT, DPT
Physical Therapist-North Attleboro

WHY YOU SHOULD JOIN ELLIOTT PHYSICAL THERAPY



At Elliott Physical Therapy our focus is on building healthier communities. If you are interested in working in an enjoyable team environment, continuously learning, advancing your clinical skills and of course getting patients back to the activities they love, we encourage you to review our open positions and apply!

