



PHYSICAL  
THERAPY  
SOLUTIONS

*for*  
**SCIATICA  
AND BACK PAIN**

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## 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.

## 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 finding 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 moves 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.



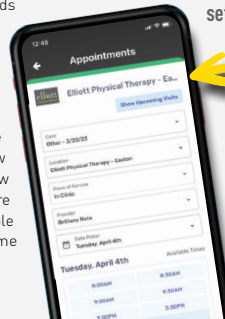
## GET OUR NEW APP!

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is available at all times to assist you with your Home Exercise Program.

You can now access us via an app on your computer, tablet, and/or smartphone. Through our app, you can view upcoming appointments, request appointments, access videos that help aid in your recovery, and instant message your provider.

Once you are set up for an account, you will receive push notifications through your phone with reminders, messages, and more. Through the app, you also will earn achievements and awards for staying on top of your exercises and being a great patient!

And we are excited to announce the app now features Step Tracking! If you already have the app, you can access this new feature by downloading the new version of the app and if you are new to the app, you will be able to enable access the first time you log in.

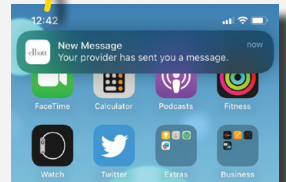


## How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!

Connect with your PT today about getting set up on our new app!

Scan the QR code to download!



Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/>; <https://pubmed.ncbi.nlm.nih.gov/33017565/>; <https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub>; <https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub>; <https://www.bmj.com/content/367/bmj.l6273>; <https://pubmed.ncbi.nlm.nih.gov/29602304/>

# STAFF SPOTLIGHT



## Orion Seraph, PT, DPT

Orion, PT, DPT, completed his undergraduate studies at Springfield College with a Bachelor of Health Science and a Minor of Business. He continued his graduate studies at Springfield College to receive his Doctor of Physical Therapy (DPT).

Orion participated in a clinical rotation at the Mansfield Elliott clinic where he fell in love with the clinic atmosphere and culture. He has clinical experience in the outpatient setting, working with an array of diagnoses across the lifespan. As a former athlete in football, wrestling, and lacrosse, he continues to explore his passion for sports through tennis, skiing, and golf. Orion is an advocate for sports rehabilitation and injury prevention, guiding athletes to help them perform at their highest level.

Along with his love for sports, Orion is a former nursing assistant, where he spent most of his summers working with retired veterans. He has great respect for this population and an appreciation and understanding of the aging body. At Springfield College, Orion participated in screenings for senior Olympic participants, along with various leadership programs like Pre-camp, Leadership Training Conference, and June Orientation.

During his time with Elliott Physical Therapy, Orion has expanded his knowledge through a variety of continuing education courses. He is certified in Barbell Rehab Method (BRM) and is our first Apos Certified clinician within the company! Orion is the chair of our new Transformational Committee, a group dedicated to improving efficiency and workflow within the company while bringing in new evidence-based ideas, resources, and products.

Orion loves to travel the world, he has visited Spain, France, done a semester abroad in Ireland, and participated in a clinical rotation in Florida. In his down time Orion enjoys cooking, hiking, visiting his home state of Maine, and watching Boston sports.

# NOW OPEN: NEEDHAM!

**Elliott Physical Therapy – Needham**  
392 Chestnut Street • Needham, MA 02492  
781-675-2526



## JOIN OUR TEAM!

### Physical Therapists

Dorchester Easton      Hanover Hingham      Needham

Apply at

[elliottphysicaltherapy.com/join-our-team/](http://elliottphysicaltherapy.com/join-our-team/)



▲ Elliott Physical Therapy sponsored the 2023 Eastern MA National APTA Advocacy Dinner on June 5th at MGH IHP and spoke to DPT students about the importance of advocacy work within the profession of physical therapy.

◀ We are excited to announce that our Hingham and Hanover locations won Best of the South Shore for Physical Therapy!

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