

NEWSLETTER



Addressing Sciatic Pain: Start Early for Best Results

Lower back pain is bad enough. Now imagine that pain radiating down through your buttocks and into your leg. Maybe your leg becomes numb. Maybe the pain is so bad that you can barely walk!

For people with sciatica, this nightmare scenario is a reality. Sciatica is a type of lumbar radiculopathy (i.e., nerve pain) resulting from damage or irritation to the sciatic nerve, which runs from your lower back down the back of your leg. It affects between 1% - 5% of the population. Sciatica can be debilitating. In addition to intense pain, it severely limits your mobility — some people may struggle to get around at all. And because it results from nerve damage, it can also cause numbness, tingling, and other sensations in the leg.

The good news is that therapy at Peak To Shore Physiotherapy is one of the best treatment options for addressing sciatic pain. Unlike pain medication, it doesn't simply mask the symptoms — it seeks to resolve the underlying cause of your sciatic pain so that you have lasting relief.

Are you ready to say goodbye to sciatic pain for good? Call us to set up your initial evaluation today — and let us get to the root of your sciatica!

WHEN SHOULD I SEE A PHYSIOTHERAPIST ABOUT SCIATICA?

As with most musculoskeletal pains, sooner is better! Many people try to ride out sciatic pain by taking pain medication and resting — which can actually be counterproductive and further worsen the underlying cause of your sciatica. By seeking out an early intervention, you can start feeling better faster.

You should also pay attention to changes in the severity of your pain or shifting sensations in your back and leg. Because sciatica is caused by pressure on the sciatic nerve, these changing symptoms can indicate something is happening to the nerve.

WHAT ARE SOME OF THE SPECIFIC SYMPTOMS OF SCIATICA YOU SHOULD WATCH OUT FOR?

- Pain in the lower back, buttocks, and leg. (Sciatica usually only affects one leg at a time.) This pain might be dull, throbbing, aching, shooting, sharp, etc. Remember to pay attention to changes in sensation!
- Numbness or tingling in the back, buttocks, or leg
- Restricted range of motion in the back. You might struggle to twist, bend, or stand up straight.
- Walking with a limp
- Increased pain in the morning or after remaining in one position for an extended period

One symptom you absolutely shouldn't ignore is any kind of incontinence when paired with sciatic pain. This indicates a serious medical emergency that may require surgical intervention — but our therapists will be here waiting to help you with rehabilitation!

Fortunately, such incidents are rare. In most cases, regular therapy at Peak to Shore is enough to resolve sciatic pain.

CLICK HERE TO GET ON OUR SCHEDULE & TO START HEALING TODAY!

Therapists: Frontline Treatment for Sciatica

One of the reasons physiotherapy is so effective for sciatic pain is that it focuses on resolving the underlying cause. When you come in for your appointment, our therapists will perform a comprehensive evaluation to help us determine what might be irritating, pinching, or compressing your sciatica nerve.

We'll ask you to share details about your symptoms, such as when they started and the exact sensations you're experiencing (i.e., dull pain, shooting pain, numbness). We'll also perform several movement screens that give us a complete picture of your situation. We might check the following:

- Overall mobility
- Muscle weakness and activity
- Nerve activity
- Posture
- Balance and gait

Once we understand what's causing your sciatic pain, we'll develop a customized treatment plan to address that cause. The most common cause of sciatica is a lumbar herniated disc.

Nestled between each vertebra in your spine is a vertebral disc, a soft cushion of cartilage that protects the vertebrae from rubbing against each other. If one of those discs becomes

damaged — either because of a sudden injury or age-related degeneration — they can rupture or bulge, irritating the nearby sciatic nerve.

By addressing your herniated disc, you can resolve your sciatica. For most people, that means a targeted, progressive therapeutic exercise program paired with pain management techniques such as manual therapy.

DON'T LET THAT SCIATIC PAIN LINGER: MAKE YOUR APPOINTMENT TODAY!

Sciatica can dramatically impact your overall quality of life. Early intervention with Peak To Shore Physiotherapy will ensure you say goodbye to sciatic pain for good. If you're experiencing any possible sciatica symptoms, call today to make your appointment!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> • <https://www.opta.org/article/2020/10/08/sciatica-study> • <https://www.physio-pedia.com/Sciatica>

WE CAN HELP YOU GET TO THE BOTTOM OF YOUR PAIN. CLICK HERE TO GET ON OUR SCHEDULE TODAY.



Our Patients Get Great Results!



"Johnathan is professional, kind and such an expert. We began working with him on a referral for our daughter's (who dances competitively) knees. His work with her has been so impactful that my husband and I have each begun working with him for our own issues. 10/10 would recommend!" — T.J.

CLICK HERE TO LEAVE YOUR REVIEW & HELP US HELP MORE PEOPLE!



Benefits of Chiropractic Care

Chiropractic is an evidence-based, non-invasive, hands-on health care discipline that focuses on disorders of the musculoskeletal and nervous systems. Chiropractors practice primarily using their hands, providing diagnosis, treatment and preventive care for disorders related to the spine, joints, and muscles of the body. Chiropractic services are used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches.

Chiropractic care may also be used at our clinics in Collingwood, Stayner, and Wasaga Beach to provide symptomatic relief for patients with chronic conditions.

- Back pain
- Neck pain
- Sports Injuries
- Headache
- Whiplash
- Sciatica
- Strains and sprains
- Arthritis
- Limited range of motion in the back, shoulder, neck or limbs

Chiropractors use a combination of treatments, depending on the specific needs of the individual patient. After taking a history, performing an examination and establishing a diagnosis, a chiropractor can develop and carry out a comprehensive treatment/management plan, recommend therapeutic exercise and other non-invasive therapies, as well as provide nutritional and lifestyle counselling.

One of the most common therapies a chiropractor uses is spinal manipulative therapy (SMT), which can comprise a variety of hands on techniques. Specific training in SMT allows chiropractors to provide highly-skilled and precise adjustments to the vertebrae of the spine, correcting joint motion to restore proper movement and improve function.

At Peak to Shore Physiotherapy, our Chiropractors are certified in Acupuncture as well as various soft tissue treatment techniques. Exercise is a vital part of recovery and an individualized home exercise program will be designed for each patient.

Did You Know?

WE CAN ALSO TREAT:

- Arthritis
- Hip Injuries
- Chronic Pain
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!

Georgian Bay Location
 1 First Street Unit 102
 Collingwood, ON L9Y 1A1
705.446.2551

Stayner Location
 7460 County Rd. 91 Unit 3
 Stayner, ON L0M 1S0
705.446.2551

Wasaga Location
 102 - 14 Ramblewood Dr.
 Wasaga Beach, ON L9Z 0C4
705.446.2551

Craigleith Location
 164 Craigleith Rd., The Blue
 Mountains, ON L9Y 0S4
705.351.4006