



BRINGING IT ALL TOGETHER

## NEWSLETTER

Helping You Move Through  
Life Pain-Free!



## 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 physical therapy at Blue Ridge Physical Therapy 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 Physical Therapist 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

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# BANISH BACK PAIN ONCE AND FOR ALL!



- 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 physical therapists will be here waiting to help you with rehabilitation!

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

## Physical Therapy: Frontline Treatment for Sciatica

One of the reasons physical therapy 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.

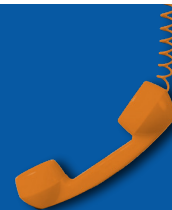
## Don't Let That Sciatic Pain Linger: Make Your Appointment Today!

Sciatica can dramatically impact your overall quality of life. Early intervention with Blue Ridge Physical Therapy will ensure you say goodbye to sciatic pain for good.

If you're experiencing any possible sciatica symptoms, call today to make your appointment!

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**

**423.556.6819**



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## PATIENT SUCCESS STORY

*"One thing about being here is getting to see the progress other patients are making. It encouraged me to work harder."*

"When I first came here, I had trouble trying to even cook anything. I had to climb to get a dish I needed from the top cabinet- forget trying to reach to the back of the lower cabinets! It hurt when I tried to drive. Moving from park into drive just made me want to get out and walk. That's when I thought maybe I should not be driving. This has all changed now since I've completed my therapy. I feel so much better and enjoy life more. One thing about being here is getting to see the progress other patients are making. It encouraged me to work harder. Thanks to everyone here for being so great!"

— Kay M.

# EXERCISE ESSENTIALS

## SEATED SCIATIC NERVE TENSIONER

Try this movement to strengthen your back

Sit in a chair with one foot flat on the ground and the foot on the side you want to work flexed with your toes pointing towards your face. Lift one lower leg by lightly contracting the upper thigh while simultaneously lowering your head, slowly tucking your chin towards your chest and exhaling. Slowly return to start. 3 Sets, 10 Reps, 0 Hold



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

## HEALTHY RECIPE

### APPLE PIE CHIA SMOOTHIE

#### Ingredients

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt



#### Directions

Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

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# BLUE RIDGE PHYSICAL THERAPY Inc

DECEMBER

# CLINIC NEWS

## HALLOWEEN AT BLUE RIDGE

Snow White, the Queen, and the dwarfs hope everyone had a Happy Halloween!



## PUMPKIN DECORATING

Our pumpkin decorating contest was a huge hit! Everyone brought in such creative pumpkins, and we can't wait to do it again next year!



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DECEMBER

# CLINIC NEWS

## MERRY CHRISTMAS

Merry Christmas! We will be closed on Christmas Day, Monday, December 25th. We hope everyone has a great holiday!

Join us in wearing your favorite ugly Christmas sweaters from December 18th-22nd! BRPT staff will be showing off theirs as well.

Through December, we will be collecting warm winter items (hats, scarves, gloves, coats, etc.) to donate. A box will be located in the waiting area.

Happy New Year! We will be closed on New Year's Day, Monday, January 1st, 2024. Ring in the New Year with your friends and family!



## CROCKPOT FUN!

Crocktober was a success! We hope everyone enjoyed the crockpot delights that the staff brought in.



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