

SE HABLA ESPAÑOL



## DETERMINING THE ORIGINS OF YOUR PAIN WITH OPTIMUM PHYSIO THERAPIES

Sometimes it happens when a pain develops that you can immediately identify the cause. A new pair of shoes may cause a sharp pain in your heel, or an old chair at work may cause your back to grow sore and uncomfortable as time goes on. But there are other situations in which pain develops, and the cause of the pain is unclear.

*(Read more inside...)*

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# DETERMINING THE ORIGINS OF YOUR PAIN WITH OPTIMUM PHYSIO THERAPIES



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Different types of bodily pain can tell you different things about your body and overall bodily health. Sometimes, a pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are like well-trained detectives when it comes to identifying the causes of pain. A physical therapist knows the way that the nervous system works, making it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, your back, your neck or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. Physical therapists are trained in

identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain with a series of strategies that include stretching, muscle building and flexibility training.

## UNDERSTANDING YOUR PAIN

When you meet with a physical therapist to understand where your pain may be coming from, one of the first things you'll do is have a conversation about your pain. How long you've been experiencing pain, where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort.

**Get Moving Today with Optimum Physio Therapies!**

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# SI JOINT PAIN



Do you know of the game Jenga? It's a block game commonly found at local coffee shops or bars. Well, when we talk about pelvic pain conditions, they behave a lot like this game.

In the game, when blocks are stacked on top of one another, which block is the most important? The one on the bottom! If you displace or disturb the block on the bottom, the rest of the blocks also begin to move out of place. We can look at the pelvis as the block on the bottom, also known as the sacrum.

Try to imagine looking at the hips from the back view. The hips are made up of three bones. Bones on the two sides are called iliac bones and the one in the middle is the sacrum, or the bottom block. The joint between the two iliac bones and the sacrum is called the sacroiliac joint or SI joint.

This joint commonly becomes offset, which causes big problems in the back! Now we understand what we are looking at, so let's talk about how this problem presents itself and what kind of patient suffers from SI joint pain.

## HOW DOES SI JOINT PAIN FEEL?

The symptoms from SI joint pain can vary. Typically, people living with pain from a herniated disc are 35 years or younger, and people with spinal stenosis are typically 55 years and older. I have seen patients as young as 18 to as old as 95 years old with SI joint dysfunctions!

SI joint displacement is difficult to see with MRI imaging. Patients that usually arrive at our clinic have tried everything from surgeries and fusions to injections. Their pain may present itself as in the groin, or one leg may feel heavier than the other. Typically pain runs down one leg or the patient may have pain putting on shoes or socks. Pain may be worse when sitting for long periods. Patients may complain of pain getting in and out of the car or getting out of the car after long drives.

## HOW CAN PHYSICAL THERAPY HELP?

As a physical therapist, I am a movement specialist who can help relieve SI joint pain. First, I move the SI joint back into its proper place. I do this by hand on techniques that realign the sacrum between the two iliac bones. Next, I look for tight and weak muscles that may contribute to the SI joint displacement. I perform many physical tests during the examination to determine which muscles are involved. Once I know, I focus on strengthening and stabilizing the pelvis during movement such as squatting down or lifting.

Again, it is very important not to ignore your joint pain. Medications only provide temporary relief. If you are truly suffering and really want to determine the origin of your pain, schedule an appointment with a physical therapist today!

**(210) 314-6725**

## STAFF SPOTLIGHT

Christian Rincon is a young upcoming future physical therapist with a passion for healing and sports rehabilitation. He was born and raised here in San Antonio where he attended Central Catholic high school. He is soon to be an Alumni from the University of Texas at San Antonio where he is finishing his study in Kinesiology with an emphasis in sports medicine and rehabilitation. He has been around sports and sports rehabilitation his whole life because of his father who was a coach for twenty-five years throughout the state of Texas, it was when he tore his ACL that he discovered the field of physical therapy and the positive impact it has on people's health and the community's health as a whole. From a young age he has always had a love for sports and exercise fitness, but his true passion is helping others. In the past, he has fulfilled this passion through coaching football and baseball for both middle and high school students along with personal training for various age groups. Through these various occupations, he has witnessed first hand the power of healing and physical fitness as a whole. He aspires to complete his study as a Doctor in Physical Therapy and eventually open up his own practice where he would treat higher level athletes through various sports specific movements and modalities as well as helping the general community. However, his ultimate goal in life is to make a difference in people's health in a positive and impactful manner.



# EXERCISE ESSENTIALS

## STRAIGHT LEG RAISE

While on your back as shown below, keep your knee straight and lift your leg up while leaving the other foot flat on the surface with knee bent. Hold for 5 seconds and repeat 20 times.

Exercises copyright of  
TITUS SimpleSet Pro



# MONTHLY COUPON

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# FREE SCREEN



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THERAPIES



Come for a FREE SCREEN and receive a free copy of Get your Life back, Heal your Back Pain & Sciatica by our very own Dr. Mark A De Anda PT, DPT!

# IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

# DR. DE ANDA & SONIA'S 20TH ANNIVERSARY!

If you give us a call and wish Mark and Sonia a happy anniversary you get a **FREE LASER SESSION!**



## PATIENT SUCCESS SPOTLIGHT

"When I first became a patient here at Optimum Physio, I was suffering with sciatica in my left leg due to a severe, nerve paralyzing spinal injury from a head-on car accident in the early '90's. I have received great healing and improvements from my first time ever experience in physical therapy. Dr. De Anda and his staff have displayed five star medical and customer utmost professionalism and total concern and care to me as a patient at Optimum Physio. This clinic has a very down home and authentic relationship with its patients. I highly recommend and compliment the whole staff here for such great service to those in need." - Muzgrove



# WE ARE COMMITTED TO KEEPING YOU SAFE!



# SONIA'S CORNER

## BAKED SOUTHWESTERN EGG ROLLS

### INGREDIENTS:

- 2 cups frozen corn, thawed
- 1 can black beans, rinsed & drained
- 1 package fresh spinach, chopped
- 1½ cup shredded Mexican cheese blend
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped

- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon cayenne red pepper
- 1 package of large tortillas for burritos
- Guacamole to dip



Courtesy of Sonia

### INSTRUCTIONS:

In a large bowl, combine everything but the tortilla. Place ~1/4 cup mixture in the center of one egg roll wrapper. Fold bottom corner over filling. Fold sides toward center over filling and continue to roll tightly to seal. Place seam-side down on a baking sheet coated with cooking spray. Brush tops of egg rolls lightly with olive oil. Bake at 425 degrees F for 10-15 minutes until lightly brown. Turn them halfway through baking. Serve warm with guacamole and hot sauce.

