



# IS IT BACK PAIN OR SCIATICA?

EITHER WAY, PHYSICAL THERAPY  
CAN HELP YOU FIND RELIEF!

## INSIDE

- FREE WORKSHOPS
- PATIENT SUCCESS STORY
- SONIA'S CORNER

[OptimumPhysiotherapies.com](http://OptimumPhysiotherapies.com)

SCHEDULE AN APPOINTMENT TO  
FIND OUT HOW PHYSICAL THERAPY  
CAN HELP YOU BECOME HEALTHIER,  
STRONGER, AND MORE ACTIVE!

**210-985-9498**

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### INSIDE:

- *Sonia's Corner*
- *Optimum Physio Therapies FREE Workshops*
- *Patient Success Story*

Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Optimum Physio Therapies, we can clear it up for you and set you on the right path for relief!

As many as 80% of adults in the United States struggle with back pain at some point in their lives. Back pain can start for a variety of reasons such as being in a car accident, bending to pick something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physical therapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

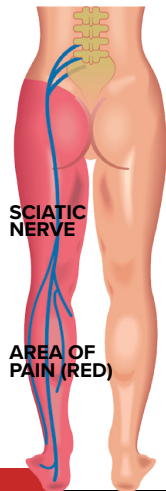
**Call Optimum Physio Therapies today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!**

### UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

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 persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain is pain that is felt in the lower back and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or buttocks.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its own characteristics. Sciatica is often a debilitating condition that is a result of compression



*Continued inside.*

**CALL 210-985-9498 TODAY!**

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

***OptimumPhysiotherapies.com***

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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 everyday activities.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).

## HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to a physical therapist about your concerns, then now is the time to take action. Working with a physical therapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physical therapy with lower back pain or sciatica, your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

**Education** — Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

**Manual Therapy** — Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety



of techniques that move one or more joints within normal ranges of motion to improve 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.

**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.

Working with a physical therapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physical therapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

**If you're experiencing back pain or sciatica, don't wait. Call Optimum Physio Therapies today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!**

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**FREE**

## WORKSHOP

### PACK PAIN WORKSHOP

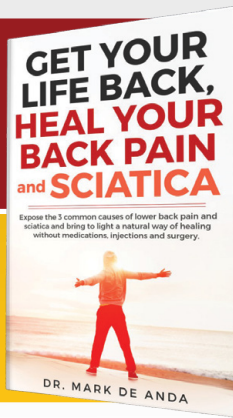
Thursday, July 27th at 7pm

Optimum Physio Therapies offers FREE workshops to help keep you informed and feeling better.

Scan the QR code to register or for more information on our Back Pain Workshop.



Everyone attending the Back Pain Workshop will receive a copy of "Get Your Life Back, Heal Your Back Pain and Sciatica" by Mark DeAnda, PT, DPT, IADN Cert, IAMTC, and owner of Optimum Physio Therapies.



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# EXERCISE ESSENTIALS

## SEATED GENTLE SPINAL TWIST

1. Start by sitting up straight with your legs together straight out in front of you.
2. Bend one knee and cross that leg over your straight leg.
3. Gently twist your upper body across your bent leg using one arm to balance on the floor and the other to pull your knee closer to your chest.



Side View

## PATIENT SUCCESS STORY!



“ Came in a patient, left feeling like family ”

*“Came in a patient, left feeling like family. Everyone here is fantastic! They take the time to treat and get to know you genuinely. They care for all their patients and treat everyone with respect. I was sad to leave but happy to have the knowledge on how to treat my chronic back pain. Thank you OPT Team!”*

— Natalie S.

We want to hear your PT success story!

Scan the QR code to visit our review page and share your story.



You could be someone's inspiration to get the help they need.

## 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!

## SONIA'S CORNER

### CREAM OF CHICKEN CASSEROLE WITH JASMINE RICE



Courtesy of Sonia



#### INGREDIENTS

SERVES 6. NOTE: you can add vegetables.

- 1 (12 oz.) package Organic Condensed Cream of Chicken Soup
- 1 cup almond milk
- 1 cup dry organic jasmine brown rice, pre cooked
- 3 carrots, chopped
- 1 cup shredded organic cheese
- 1 head, broccoli (Chopped)
- 6 (4 oz.) skinless, boneless chicken breast halves
- Dash of paprika
- 1 tsp. Pink Himalayan salt
- Dash of fresh ground pepper

**DIRECTIONS:** Stir the soup, almond milk, precooked rice, vegetable and half the cheese in a casserole dish. Top with the chicken. Sprinkle the chicken with paprika, salt and pepper. Cover the baking dish. Bake at 375 degrees for 50 minutes or until the chicken is cooked through. Veggies should be tender. Uncover the dish and sprinkle with remaining cheese. Cook for another 10 minutes or until cheese on top is melted.



## THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**

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