

STRUGGLING WITH BACK PAIN OR SCIATICA? STAND TALLER WITH PHYSICAL THERAPY



WE'VE UPDATED OUR SUMMER HOURS!

Monday - Thursday: 7:00AM - 5:30PM | Friday: 7:00AM - 12:00PM

INSIDE:

- Tips For Sciatica Relief
- Nutrition Tips For A Healthy Summer
- Exercise Of The Month
- Easy Mango Protein Smoothie



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Did you know that over 80% of people across the world will suffer an episode of back pain at some point in their lifetime? If you are suffering from back pain or sciatica, you know how hindering it can be. With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physical therapist.

At Shoreline Physical Therapy, we are fully equipped to treat any back pain you may be experiencing. We have specialty certification through the International McKenzie Institute to evaluate and treat all types of back pain. Contact us today to schedule a consultation and find out more about how our services can benefit you.

The Differences Between Back Pain And Sciatica

It can be difficult sometimes to determine the differences between general back pain and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve. Your sciatic nerve is the largest nerve in your body – it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet. It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. There are several mechanical conditions that

can contribute to Sciatica. Accurate assessment by our certified clinicians is needed to determine what the cause is and how to correctly treat the condition.

Common Sciatica Symptoms

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience a severe pain radiating down one of their legs. It is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

Common Sciatica Treatment

The safest, easiest, and most effective mode of sciatica treatment is through physical therapy. Physical therapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure. Our licensed physical therapists will take an accurate history of your condition to understand the underlying patterns of your pain. We then take you through an analysis of movements first in the lumbar spine then in the hips and pelvis to accurately classify the cause of your pain and introduce the right movements and manual therapy to resolve the condition. Fortunately, 80% of patients with Sciatica have a condition that is rapidly reducible if correctly evaluated by a McKenzie Certified Therapist.



Tips For Sciatica Relief



There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physical therapy treatments:

- Stay as active as possible.
- Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
- When sitting maintain an upright sitting posture as much as possible.
- Using your legs to bend down when picking up objects off the floor, rather than using your back.
- Asking your doctor about coming to physical therapy, or giving us a call.

How successful is physical therapy for back pain?

A study found in the medical journal SPINE proves both the physical and monetary benefits to treating back pain and sciatica with physical therapy. It demonstrates that when doctors refer their patients for physical therapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average of \$2736.36 for their low back pain treatment simply by being referred to a physical therapist in the beginning.

If you are suffering with back pain or sciatica, consult with your doctor about physical therapy treatments, or contact our office to learn more about how you could benefit. At Shoreline Physical Therapy, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physical therapy.

Source: Primary Care Referral of Patients With Low Back Pain to Physical Therapy: Impact on Future Health Care Utilization and Costs Fritz, Julie M. PT, PhD, ATC*; Childs, John D. PT, PhD†; Wainner, Robert S. PT, PhD‡; Flynn, Timothy W. PT, PhD§ Spine: 01 December 2012 - Volume 37 - Issue 25 - p 2114-2121

www.shorelineptnc.com

Discover How To Live Pain Free!

At Shoreline Physical Therapy Sport & Spine Specialists, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.



1. CALL AND TALK TO YOUR THERAPIST



2. DISCOVER WHY YOUR PAIN HAS COME BACK



3. GET YOUR CUSTOM RECOVERY PROGRAM



www.shorelineptnc.com

EXERCISE OF THE MONTH

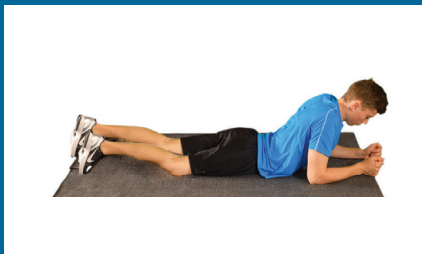
Try this movement if you are experiencing pain.

Helps Stretch Your Lower Back



PRONE PRESS UP

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 10 times. Helps loosen your lower back



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

Nutrition Tips For A Healthy Summer



Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

- 1. Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.
- 2. Serve seafood.** Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
- 3. Don't skip breakfast.** When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
- 4. Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
- 5. Snack at work.** Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
- 6. Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.
- 7. Recover with a post-workout shake.** After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.
- 8. Pre-plan your meals.** You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

www.shorelineptnc.com

Feel Better By Eating Better!



EASY MANGO PROTEIN SMOOTHIE

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!



HAS YOUR PAIN COME BACK?

Come Back In For Physical Therapy!

Give us a call at (910) 791-0396 or visit us
online at www.shorelineptnc.com to schedule
your appointment today!