



STAND UP TO YOUR SCIATICA PAIN

If you've experienced back pain, and even leg pain, you might have a deeper problem. Your minor aches and pinched nerves could be symptomatic of deeper issues. You might be facing sciatica. While "sciatica" may sound serious, it's entirely curable. Inside, we'll cover sciatica back pain...

(Read more inside...)

www.achievar rehab.com

INSIDE

**STAND UP TO YOUR
SCIATICA PAIN**

**A 30 SECOND SELF-TEST
FOR SCIATICA**

FUN & GAMES

FEEL YOUNGER. MOVE
BETTER. GET STRONGER.

STAND UP TO YOUR SCIATICA PAIN



INSIDE:

- A 30 Second Self-Test For Sciatica
- Exercise Essentials

- Patient Success Spotlight
- Fun & Games

(Continued from outside)

So what exactly is sciatica? Sciatica is pain that radiates alongside the sciatic nerve. This nerve, which branches from your lower back — spanning across your hips, buttocks and legs — can be injured or stressed in several ways. Mayo Clinic has pinpointed the most common cause of sciatica-related pain: inflammation along the spine, where compressed nerves are aggravated.

While sciatica pain can be intense, it can be treated. Many sciatica cases in fact, can be resolved without an operation—and in a few weeks. Even if your sciatica includes numbness or minor leg weakness there is still hope for recovery. Progressive leg weakness or bowel and bladder changes indicate a more severe issue that requires a consultation with your physician.

What Causes Sciatica?

In most cases, sciatica occurs when one of the back's disks is herniated. It can also happen if the spine narrows — an effect called spinal stenosis. As we age, our backs undergo a lot of stress. This stress takes a toll, causing inflammation in several areas. If this inflammation reaches a certain point, it may compress these nerves — resulting in pain.

What Are the Symptoms of Sciatica?

Sciatica back pain is normally noticed as a pain radiating from the lower back. Often, this pain extends to the buttock,

spiraling down the leg. If you're suffering from sciatica, you might feel the discomfort anywhere along this nerve pathway. The pain can even extend to the calf.

The pain itself can be dull, aching or even sharp. In some cases, the compressed nerve may feel like it burns, causing considerable pain. In other cases, the compressed nerve may simply issue a sharp jolt of pain. Some people experiencing sciatica may even have leg numbness, tingling or weakness. If sciatica isn't treated, it can hinder mobility altogether.

How Physical Therapy Can Help with Sciatica?

If you're experiencing sciatica, contact us. Medical News Today asserts that over-the-counter painkillers may alleviate pain, but in-depth physical therapy is often needed. Physical therapy can reduce sciatica by carefully introducing exercises and movement therapy. Physical therapists can also refer you to a physician if your problem is more serious.

These treatments, hand picked by medical professionals, can completely eliminate sciatica over time. If you're experiencing back pain, don't wait. Call one of our professionals today, and ask about physical therapy options. Your mobility is important, and your back can absolutely be healed.

<https://www.webmd.com/back-pain/what-is-sciatica#1> - <https://www.medicinenet.com/sciatica/article.htm> - <https://www.mayoclinic.org/diseases-conditions/sciatica/symptoms-causes/syc-20377435> - <https://www.medicalnewstoday.com/articles/761719.php>

A 30 SECOND SELF-TEST FOR SCIATICA



Do you have back pain or leg pain while standing or walking?

Do you have a shooting pain in your leg when you stand up?

Do you need to sit down for a minute for the pain to go away?

What it means: If the leg with pain, numbness or tingling does not go up as high as the other leg, you likely have Sciatica.

Your next step is to see what is causing the pressure on your sciatic nerve. Call us to schedule an appointment...Achieva Rehabilitation can help you relieve your Sciatica pain.



30 SECOND SELF-TEST FOR SCIATICA

1. Sitting on a chair, look down.
2. Straighten one leg, with toes in the air.
3. Repeat for the other side.

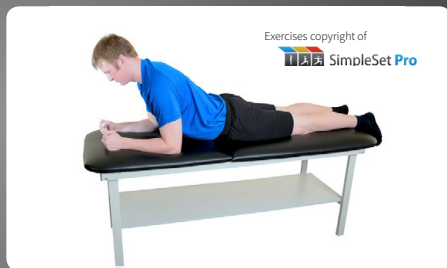
EXERCISE ESSENTIALS

PRONE ON ELBOWS

To start, lie on your stomach with your hands beside your shoulders. Push with your arms up on to your elbows and forearms. Hold this position for 5 seconds. Repeat 10 times.

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

TRY THIS EXERCISE FOR SCIATICA PAIN RELIEF



Exercises copyright of
 SimpleSet Pro



OUR SERVICES

- In-Home Therapy
- Neurological Rehab
- Movement Therapy
- Orthopedic Rehab
- Joint Rehab
- Arthritis
- Tendonitis
- AND MORE!

PATIENT SUCCESS SPOTLIGHT

“They are kind, knowledgeable, professional and caring.”

“We have had the pleasure and privilege of having Achieva Rehabilitation come to our home for my husband. They are kind, knowledgeable, professional and caring. My husband and I have both used out-patient physical therapy in the past and that can not compare to the help Achieva Rehab has given my husband. You don’t need fancy machines because Achieva Rehab teaches you to use what is in your home to recover from surgery or an injury or simple help you with a neurological illness.” - Daryl Z.

IN-HOME THERAPY

Health care is moving away from institutions to care in the patient environment. Achieva Rehab is well positioned to help clients immediately as we take advantage of research that shows and recommends that therapy early on in the continuum of care maximizes outcomes.

FUN & GAMES

		3	8				1
			3	7	5	4	
	7	9					2
		5	9				
1		6				2	4
				4	3		
3						7	2
		7	2	4	3		
2					1	6	

<http://1sudoku.com>

n° 310547 - Level Hard

SUDOKU PUZZLE

The classic sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

ABOUT US

With Achieva Rehab, patients are able to perform therapy in a stress-free environment with one-on-one attention, making sessions more focused and intensive. You simply don’t get that in a therapy clinic.

ONE PATIENT, ONE THERAPIST, ONE FOCUS.

Get Moving Today with Achieva Rehabilitation!

www.achievahab.com

