



The Advance Bulletin

The Newsletter About Your Health And Caring For Your Body



THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Have you been told your persistent lower back pain is really sciatica? Did you know specific signs and symptoms can clarify what condition you're dealing with? Far too often, these terms are used interchangeably or, worse yet, inaccurately. Fortunately, at Advance Physical & Aquatic Therapy, our skilled physical therapists can clear it up for you and set you on the right path to relief!

Back pain and sciatica can be confusing and even intimidating, especially when you're not sure what's causing your discomfort. Whether from a car accident, lifting something heavy, or seemingly out of nowhere, both back pain and sciatica seem to have similar causes and even share some symptoms.

That's where physical therapy comes in. Physical therapy is highly effective for both conditions. It helps reduce pain, improves mobility, and, most importantly, tackles the underlying issues to prevent future discomfort. With a tailored treatment plan, you can get back to doing what you love, pain-free.

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Back pain and sciatica are sometimes used interchangeably, but they're not the same. Lower back pain is generally localized, affecting the lumbar region of the spine. It can arise from muscle strains, herniated discs, or prolonged poor posture.

Sciatica, on the other hand, is more specific and involves pain that travels along the sciatic nerve. This nerve starts in the lower back and runs through the hips and buttocks down to each leg. The pain you feel could be shooting, burning, or even tingling, and it usually affects just one side of your body. To be a "true" sciatica, nerve symptoms must be felt in the leg (specifically below the knee).

Common Causes of Back Pain and Sciatica

- **Lower Back Pain:** In most cases, lower back pain is caused by factors such as muscle strain, herniated discs, degenerative disc disease, arthritis, and other conditions.
- **Sciatica:** Most commonly caused by a herniated disc, bone spur where the nerve exits the spine, or narrowing of the spine (spinal stenosis) compressing part of the nerve.

Classic Symptoms of Back Pain and Sciatica

- **Lower Back Pain:** May include stiffness, muscle spasms, and difficulty in moving.
- **Sciatica:** Must consist of symptoms along the nerve root in the leg and typically include numbness, tingling, or muscle weakness in the affected leg or foot, in addition to pain.

It's crucial to know the difference between the two because the treatment approaches differ. For example, sciatica might require attention to nerve compression issues, while lower back pain could be more muscle-related.

You Can Access Real Relief. Call Us Today! 610-839-8940

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So, if you're tired of enduring persistent pain, take action and call to schedule an appointment with our spine experts. Let us help you understand your condition and guide you toward effective relief.

OUR APPROACH TO ASSESSMENT AND TREATMENT AT ADVANCE PHYSICAL & AQUATIC THERAPY

If you are experiencing back pain or sciatica, it's time to take action. Working with our experienced therapists can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to our clinic with lower back pain or sciatica, we will perform a thorough physical examination and medical history to provide you with solutions that work based on the findings.

- **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. Our physical therapists will make sure you have the information you need to be successful.

- **Manual therapy:** Manual therapies include a variety of methods, including joint mobilizations and manipulations that move one or more joints within normal ranges of motion to improve spinal joint motion or function.

Our physical therapists may also use soft tissue techniques like myofascial release, trigger point releases, and other methods to help alleviate pain and allow for more mobility and improved function.

- **Targeted Exercises:** Our exercise programs include mobility exercises, proper postural exercises, nerve mobilization, or strength exercises. Our physical therapists will tailor your workouts, monitor you, and progress based on your individual needs.

Your well-being is our top priority. **At Advance Physical & Aquatic Therapy, we offer a proven approach to back pain and sciatica.** Don't let pain hold you back any longer. Call today and take the first step toward a pain-free life.



JOIN US FOR GENTLE YOGA AT ADVANCE NOW!

Email brianna@advanceaquaticpt.com for more info & to let us know you are interested!

GENTLE YOGA

CONNECT BODY, MIND, & SOUL



4 POOL EXERCISES FOR A FULL-BODY WORKOUT

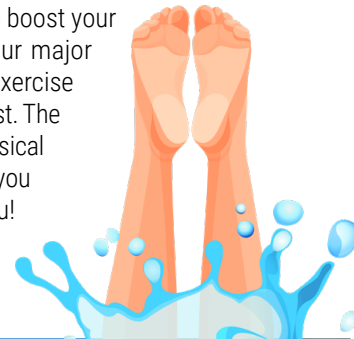
1. Walk in water. Walking in water is a good exercise to start off with as it helps you get a feeling for how you can create resistance. It targets your arms, core, and lower body. Keep your arms at your side, in the water, and move them as you walk. Engage your core and stand tall.

2. Water arm lifts. This exercise will help strengthen the muscles in your arms. Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.

3. Lateral arm lifts. This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

4. Back wall glide. This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your doctor first. The Advance Physical & Aquatic Therapy physical therapists would be happy to meet with you to see if aquatic exercise is right for you!



Exercises from the Owner, Josh Green, MPT

RELIEVES FOOT/ANKLE TENSION AND IMPROVES FLEXIBILITY



LUMBAR EXTENSION

Start by standing up straight. Place both hands on your lower back and press forward gently as you lean back to extend your back. Pause briefly. Repeat 3 sets, 10 reps each.



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4 SIMPLE WAYS

To Make Hydration a Habit



Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

- 1 Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2 When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H2O.
- 3 Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4 Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

WE WANT TO HEAR YOUR SUCCESS STORY!



Has Advance Physical & Aquatic Therapy helped you live a better life? Let others know how much we can help them too! Click the button below to quickly access our Google Review page!



advanceaquaticpt.com

THERAPEUTIC DANCE COMING TO ADVANCE THIS FALL!

Email brianna@advanceaquaticpt.com for more info & to let us know you are interested!



APAT Patient Success Story



"In the weeks of my recovery, the staff were caring and encouraging. I would recommend anyone to try PT at Advance!" -Harold H.



Start Feeling Better Now Call Today 610-839-8940

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