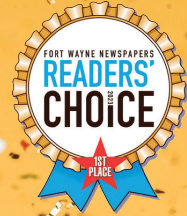


INSIDE: · THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA
· PATIENT TESTIMONIAL · HEALTHY RECIPE

Happy New Year



THE DIFFERENCE BETWEEN BACK PAIN & SCIATICA

THE DIFFERENCE BETWEEN BACK PAIN & SCIATICA



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 ProTailored Physical Therapy, 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 up 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 ProTailored Physical Therapy 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 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!

Continued inside.

Are you trying to ease your pain? Call us today!

WWW.PROTAILORED.COM

TELL YOUR BACK PAIN TO TAKE A BACK SEAT

Continued from outside.

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.

CALL OUR CLINIC TODAY

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

**CALL US TODAY TO SET UP
AN APPOINTMENT!**

1 (260) 235-5967



Healthy Recipe

BEEF AND APPLE SALAD

INGREDIENTS:

- 4 large beets (2 1/2 pounds)
- 5 thyme sprigs
- 1/2 cup extra-virgin olive oil (plus salt for drizzling)
- Salt and freshly ground pepper
- 1/4 cup apple-cider vinegar
- 1 teaspoon Dijon mustard

- 3 tablespoons prepared horseradish
- 1/2 cup salted pistachios (chopped)
- 1 green apple (thinly sliced)

INSTRUCTIONS:

Preheat the oven to 375°. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets and cut them into 3/4-inch dice.

In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish and season with salt and pepper; toss with the beets and apples. Transfer the beets to a platter, top with pistachios and serve.

SHARE THE BENEFITS OF PROTAILORED PHYSICAL THERAPY

Has ProTailored Physical Therapy helped you live a better life? Let others know how much we can help them too! Scan the QR code on your smart phone camera to quickly access our Google Review page!



FREE
EXAM

STAFF
SPOTLIGHT

PROTAILORED PHYSICAL THERAPY

Free Exam

Thursday + Wednesday	1st 7th	February + February
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From 7am - 6pm

Call (260) 235-5967 today to schedule your FREE EXAM.

The appointment is FREE but there are limited spots available at each of our locations.

CALL NOW!

PATIENT SUCCESS STORIES

"I'm from Rochester and compared to their therapy this therapy is amazing. You've got to come to ProTailored Therapy people, you don't know what you're missing with Zack. They do pressure points where it feels great, they massage you where it is needed. Zach is really awesome and good with his hands. He has a lot of compassion for his patients and he enjoys what he does. That makes a huge difference to me especially when you see them 2x a week. Don't waste your money going anywhere else, because in my opinion they're the best I've ever been to! The staff is very friendly, and they make you feel welcome. If you're not sure who to go to, give them a try at least once. -D.W.



DR. MITCHELL HALL,
PT, DPT, PMC, CNPT, MDN CERT.,
CLINIC DIRECTOR, ORTHOPEDIC PT

What are your hobbies? I really enjoy spending time with my two sons, exercising, sharing a meal with friends, and watching sports!

What was your first job? My first job was selling parking vouchers on game days for Michigan State Football; Go Green!

If you had a warning label, what would yours say? Warning: Mitchell has a tendency to get irrationally irritated when someone does not say "thank you" after he holds the door open for them.

Any favorite local spots? My wife and I really enjoy a few local places to eat: Black Canyon, Marquee, and Sol Bird are a few of our favorite local restaurants. Sweet Sanity in Huntertown is our guilty pleasure during the summer for some ice cream!

Do you have a secret talent? My secret talent is that I can juggle!



COME BACK
TO PT!



CALL TODAY

1 (260) 235-5967

