



SCIATICA PAINS? PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN



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SCIATICA PAINS? PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN

Physical therapy is one of the most effective ways to treat sciatica pains. If you are living with sciatica, you know how uncomfortable it can get. Many people with sciatica describe their symptoms as “shooting pains,” typically down one side of the body.

While sciatica does not always require physical therapy treatments, they can help relieve your pain and speed up the healing process. Because of this, it is in your best interest to consult with a physical therapist before symptoms become too severe.

If you are living with sciatica, or you think you may be experiencing sciatica symptoms, contact Peak Performance Physical Therapy today to discover how we can help.

How can physical therapy help?

In a study published by Spine, a respected medical journal, physical therapy treatments for sciatica pain were seen to be a highly effective option. When a patient begins their physical therapy sessions early enough, they are able to manage their pain quickly and straightforwardly. Additionally, physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early.

This study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment. The authors attributed the cost-effectiveness of the

physical therapy approach in part to using it as a first line of defense against sciatic pain and back pain. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically become obsolete.

When should you see a physical therapy?

A good rule of thumb is to come in for a free consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be. Sciatica symptoms may include shooting pains down one leg, buttock, or persistent aches and/or numbness in the lower back. Additionally, any dull or piercing aches along the sciatic nerve may be an indication of sciatica.

If pain goes from dull to severe, that is a strong indication that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body that doesn't seem to go away are all signs that physical therapy is needed. Incontinence may also occur as an indication that your sciatica is getting worse – if your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.

How to get started:

Physical therapy treatments will include targeted stretches and exercises to help strengthen the muscles around the sciatic nerve. Treatments may also focus on range of motion and postural improvement, in order to decrease stress on the sciatic nerve and prevent pain from returning in the future.



Jill Marlan
PT, MSPT, OMPT, CSCS
CEO & Founder of
Peak Performance
Physical Therapy

A MESSAGE FROM THE CEO

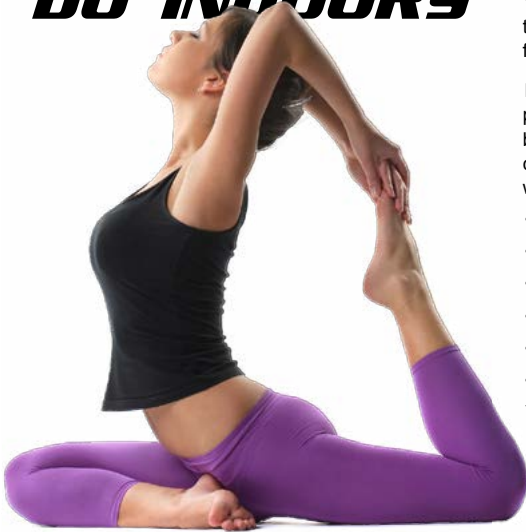
Over 80% of people will suffer from low back pain in their life and 25% of people report having significant low back in the past 3 months. Degenerative changes can start very early in our life and we all need to be proactive to assure we are staying healthy and active for as long as possible.

Physical therapy can help you improve your alignment, strength, and healthy habits, which in turn helps to improve your overall health and wellbeing. At Peak Performance Physical Therapy we thoroughly assess your posture, range of motion of your muscles and the specific joint in your back.

Most importantly, we will take what we find specific to your case and provide education on how to prevent injury in the future. If you are experiencing low back pain, schedule an evaluation right away to prevent more serious conditions like sciatica, spinal stenosis, or herniated discs. Being proactive with your health care will significantly increase your prognosis, especially when you have low back pain. As we look to the new year and the new you, come and Reach Your Peak with us!

TIPS FOR YOU TO TRY AT HOME

EXERCISES TO DO INDOORS



Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jumping jacks
- Mountain climbers
- Burpees
- Jump rope
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

COLLABORATION CORNER



Please meet Dr. Mesko, a fellowship trained orthopedic surgeon who completed residency at the Cleveland Clinic and further pursued his interest in hip and knee adult reconstructive surgery with a fellowship at RUSH University Medical Center. He trained with many of the leading innovators in minimally invasive techniques, outpatient surgery and complex revision arthroplasty surgery. Dr. Mesko values engaging patients in education and active dialogue. Dr. Mesko collaborates with Peak Performance Physical Therapy in shared decision making for optimal return to the patient's lifestyle.

PEAK PERFORMANCE
Physical Therapy

CONNOR STEFFKE PT, DPT



Conner moved to Lansing after living most of his life in the Mt. Pleasant, MI area. He grew up in Beal City with his parents, two sisters and brother, the second oldest of four. Healthcare was always an integral part of his family growing up, as his mother and sister are nurses, and his oldest sister is an OBGYN physician resident. Conner was active in sports throughout his high school career, leading to a few injuries which eventually landed him in a physical therapy clinic for his own rehabilitation. This was when he discovered his niche in the healthcare world would be physical therapy. He went on to attend Central Michigan University for his undergraduate degree where he graduated with a Bachelor's in Exercise Science: Kinesiology with a Minor in Psychology. One of the highlights from his undergrad career was a global health brigade he participated in where he traveled to Belize to participate in free diabetes screening for underserved citizens. After graduation, he worked one year as a fitness specialist, before moving on to attend PT school at Central Michigan

University. Conner enjoyed being able to stay close to family and friends in the Mt. Pleasant area while pursuing his dreams of becoming an orthopedic physical therapist. While he loved being close to family and friends throughout his academic career, he wanted to experience what other cities had to offer. He lived in Grand Rapids during the clinical portion of his education where he worked in both orthopedic and oncologic physical therapy settings. Following his graduation from PT with his Doctorate in Physical Therapy, Conner passed his Board Examination and was hired at Peak Performance Physical Therapy. He enjoys spending his free time hanging out with friends, working out, golfing, trying new craft beers, and rooting for the Michigan State Spartans. He is always looking for new experiences and takes pride in being a lifelong learner. In the future, he plans to work towards continuing to grow his knowledge base through various certifications to be determined.

BALSAMIC BERRY VINAIGRETTE SALAD

Ingredients

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ½ tsp black pepper
- 3 cups fresh baby spinach

- 3 cups torn romaine lettuce
- 1 small Braeburn/ Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds



Instructions

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

OUR SERVICES

- Manual Therapy
- Massage Therapy
- Personal Training
- Group Training
- Individual Training
- Kinesio Taping
- IASTM
- Dry Needling
- Electric Stimulation
- TIP Certification
- Nutrition Services
- Injury Prevention Seminars
- Educational Forums
- And More!

IS IT TIME FOR YOU TO SEE A THERAPIST?

Call or visit us online today to schedule your next appointment! Scan the code below with your smartphone to start your journey now.



517-305-4955

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