

Newsletter



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How To Find Relief From Sciatica

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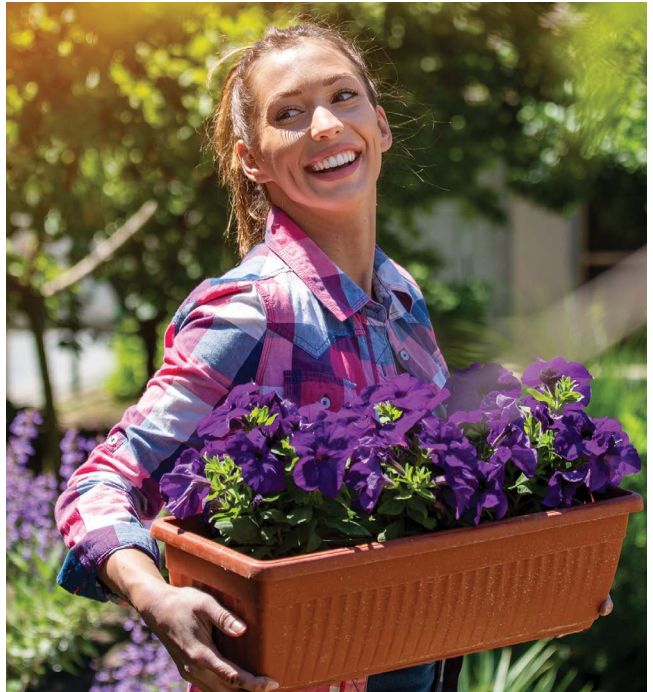
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Newsletter



Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.

Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

Contact Us

We are here for you. Give us a call today to start your healing journey.

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How To Find Relief From Sciatica

Frank's pain was the worst he'd ever felt. It started in his lower back but then radiated down the back of his leg all the way to his toes. Sometimes, he felt numbness or tingling in his leg, which he found especially concerning. But worst of all, this radiating pain made it almost impossible for him to get around.

Eventually, Frank visited his physical therapist, where he learned this pain had a specific term: sciatica. Its name comes from the fact that it affects the sciatic nerve, which runs from the lower back down into the foot.

Frank also learned that his sciatica, like most people's, came courtesy of a herniated disc in his lumbar spine. Fortunately, physical therapy is a frontline treatment for herniated discs, and with a month of regular PT sessions, Frank resolved his pain.

Are you experiencing radiating leg pain like Frank? If so, reach out to us at Haymarket Physical Therapy. We can help you know for certain if your pain is sciatica or another similar condition — and we can help you find relief with a customized treatment plan.

CALL TODAY TO SCHEDULE YOUR INITIAL CONSULTATION!

What Is Sciatica? Symptoms & Causes

Sciatica is a somewhat misunderstood condition. Many people refer to any radiating pain in the back and legs as “sciatica.” In reality, sciatica only refers to pain that stems from pressure or irritation on the sciatic nerve.

Sciatica’s main symptom is pain that starts in the lower back, radiates into the buttocks, and then runs down the back of one leg into the foot, following the path of the affected sciatic nerve. Often, the leg pain will be worse than the back pain.

However, other symptoms often indicate sciatica, including the following:

- Muscle spasms in the back
- “Pins and needles” sensations in the leg and/or foot
- Numbness in the leg and/or foot
- Shooting or burning pain deep in the buttocks or legs
- Weakness in the affected leg

Sciatica occurs when the sciatic nerve is pinched, compressed, or irritated in some way. But what causes that nerve irritation in the first place?

For most people, as it was for Frank, the answer is a herniated disc. Your spinal vertebrae are cushioned and protected by flexible cartilage discs (spinal discs). If one of these discs bulges or ruptures so that it irritates or pinches the sciatic nerve, you’ll experience sciatica pain.

Other medical issues (such as a bone spur, inflammation related to pregnancy, or a tumor) can also cause sciatica, but these conditions are much more rare. If you have sciatica, the chances are good you have a herniated disc — and that’s something physical therapy can help resolve!

HOW WE CAN HELP WITH SCIATIC PAIN

When treating a herniated disc (and, by extension, sciatica), our therapists will move through the following steps:

- **Manage Pain:** We’ll develop a plan to address your acute pain, pulling from several options. Gentle spinal mobilizations, soft tissue manipulation of your back muscles, and pain relieving modalities such as TENS or hot and cold therapy can all help.
- **Improve Mobility:** Movement is crucial in addressing sciatica. Spinal mobilizations play an essential role here, allowing you to move the joint without exerting effort. We’ll also incorporate active stretches and mobility work to help ease range of motion restrictions and prepare your body for the next phase of treatment.
- **Strengthen Your Back and Core:** As your pain lessens, we’ll begin working to build strength in your core muscles, which stabilize and support your spine. By strengthening these muscles, you can alleviate the pressure on your lumbar spine that contributes to sciatic pain and a herniated disc.
- **Educate to Prevent Future Pain:** Finally, we can provide the tools to prevent a future bout of sciatica. We might help you develop a home exercise program to keep your spine healthy or show you how to properly lift heavy objects to avoid injury.

FIND SCIATICA RELIEF AT OUR CLINIC

Sciatic pain can be incredibly intense and often debilitating. Regular physical therapy will help you resolve that pain — and the underlying cause — so you can get back to living a full, healthy life. To get started with your own personalized sciatica treatment plan, call to schedule an appointment today!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> · <https://www.choosept.com/guide/physical-therapy-guide-herniated-disk> · <https://www.physio-pedia.com/Sciatica>

Try This: Perfect Spring Salad

FOR THE SALAD:

- 8 heads little gem lettuce, bottom 1-inch trimmed off and separated into leaves
- 4 Persian cucumbers, sliced
- 1 Easter radish, thinly sliced
- 1 ripe avocado, pitted, peeled, and thinly sliced
- 3 tbsp chopped fresh dill
- 3 tbsp chopped fresh mint
- 8 canned artichoke hearts, drained and halved
- 12 oz roasted asparagus, cut into 2-inch pieces

INSTRUCTIONS: For the salad: Arrange the lettuce leaves in a large salad bowl. Top with the sliced cucumbers, radish, avocado, dill, mint, artichoke hearts, and roasted asparagus. For the dressing: Combine all the ingredients in a small bowl and whisk to combine. Adjust the salt and pepper as needed. Drizzle the dressing over the salad and toss. Season with salt and black pepper. Serve immediately.

FOR THE VINAIGRETTE:

- Juice of 1 lemon
- 1 tbsp champagne vinegar
- 2 cloves garlic, finely chopped
- 1 shallot, finely chopped
- 1/3 cup olive oil
- Salt & Pepper



5 Exercises To Do Indoors

Have you been putting off spring cleaning? If so, you certainly aren't alone. With your hectic schedule, it can be easy to overlook this essential activity. However, there are many reasons why you should include spring cleaning into your routine. Here are 5 good reasons to make time for spring cleaning this season.

1. A CLEAN HOME IS BETTER FOR YOUR IMMUNE SYSTEM

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. IT'S AN EASY WAY TO GET ACTIVE

Cleaning can be a real workout! From sweeping the floors to scrubbing tile to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. IT LESSENS THE POSSIBILITY OF INJURY

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high-traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. IT IMPROVES CONCENTRATION AND MOOD

Studies show that a clean home positively affects your daily mood and ability to focus/complete tasks. Now that so many of us work from home, this has never been more important!

5. YOU CAN DONATE UNUSED ITEMS TO OTHERS

Part of cleaning is going through old and unused items to see what can find a new home. Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized.

With so many benefits to spring cleaning, what are you waiting for? Get started today!



Staff Spotlight

Larika Marsh

Front Office Coordinator

As the front office coordinator at our Bealeton clinic, you can find Larika welcoming and coordinating administrative work with HPT staff, patients, and physicians. You can find her hard at work answering phones, scheduling appointments, checking patients in among other things.

She likes to help patients understand their insurance and benefits. She enjoys working in the kind, friendly environment at Haymarket PT. She brings to the team 8 years of previous medical receptionist experience.

Larika was born in Indiana and raised in Michigan. She moved to Maryland 9 years ago and has been living in Virginia for the last year.

She enjoys reading, watching movies and dancing when no one is watching! Her core values that drive her are do unto others as you would have them do unto you.

Patient Success

"Monica Guerra is a recent graduate. When I was told that I would be seeing her, I was wary. I have a long list of issues and have been in and out of physical therapy for over 10 years. **I took a chance on Monica and it has been the best experience I could've ever asked for.** Monica is the only physical therapist I have ever worked with in over 10 years who has been able to help me walk any distance at all without my Rollator. I highly recommend her. The Bristow location has wonderful people working there and everyone is so friendly." —D.H.

We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better