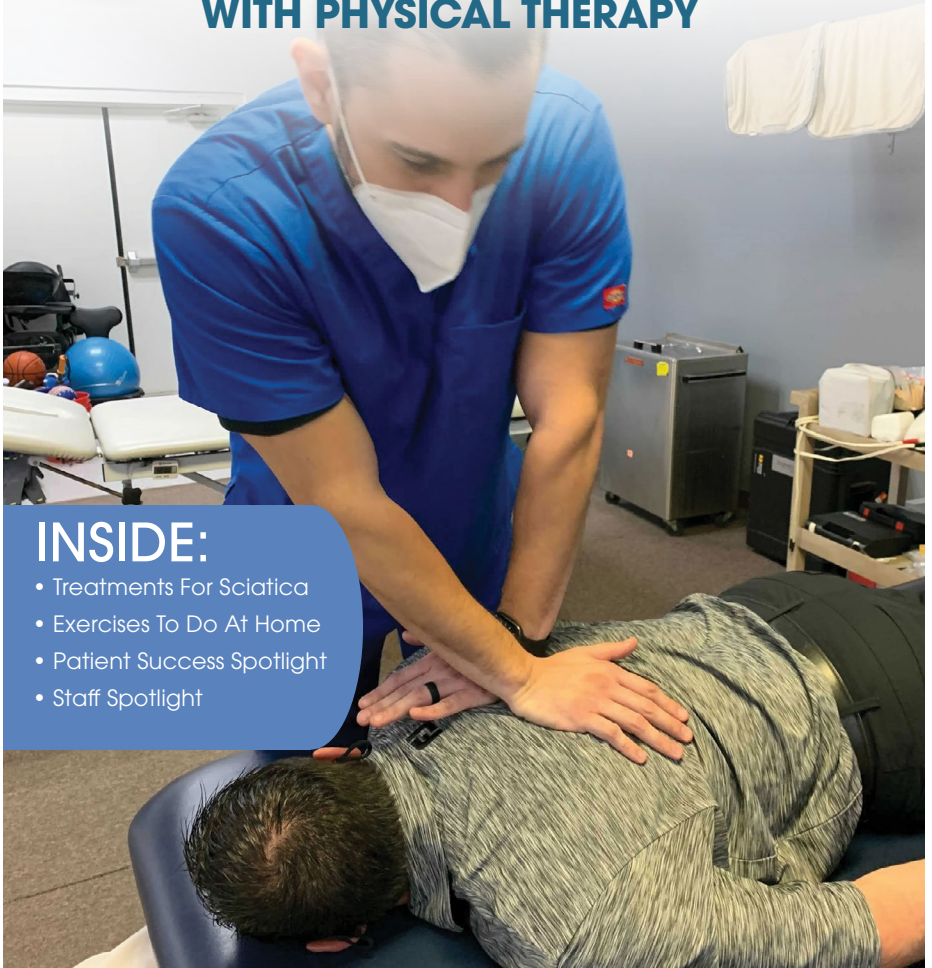


RELIEVE YOUR SCIATICA & BACK PAIN WITH PHYSICAL THERAPY



INSIDE:

- Treatments For Sciatica
- Exercises To Do At Home
- Patient Success Spotlight
- Staff Spotlight



CELEBRATE LEAVING BEHIND SCIATICA AND BACK PAIN WITH PHYSICAL THERAPY

If you've experienced back pain, and even leg pain, you might have a deeper issue. Your minor aches and pinched nerves could be symptomatic of sciatica. While "sciatica" may sound serious, it's entirely curable.

What 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. The most common cause of sciatica-related pain is inflammation along the spine, where compressed nerves are aggravated.

While sciatica pain can be intense, it is treatable. A lot of sciatica cases, in fact, can be resolved without operation – and within just a few weeks. Even if you've suffered severe sciatica spawned from leg weakness, bladder changes or nerve issues, there's still hope.

What Causes Sciatica?

In most cases, sciatica occurs when one of the back's discs are



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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.

(Continued inside)

TREATMENTS FOR SCIATICA

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 and extending to the calf. If you're suffering from sciatica, you might feel the discomfort anywhere along this nerve pathway.

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

How Physical Therapy Can Help with Sciatica

If you're experiencing sciatica, contact a physician immediately. 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 compression by carefully introducing exercises and relaxing treatments.

These treatments, hand-picked by 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 be healed.**

Sources: <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/7619.php>

CONTACT US AT (956) 994-8880!

A 30 SECOND SELF-TEST FOR SCIATICA

Do you have back pain or leg pain with 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?



Test Instructions:

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

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 and Pure Physical Therapy can help you relieve your Sciatica pain.



ENSURING YOUR SAFETY

We will be following COVID safe rules, as recommended by the Centers for Disease Control.

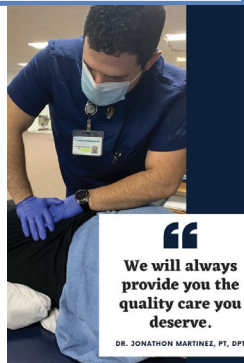
- Taking temperature of everyone coming in
- We will only be allowing 10 patients in our clinic at a time.
- Following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times.
- We will be taking health protocols very seriously and will be doing our very best to ensure the highest levels of cleanliness and caution at all times.

STAFF SPOTLIGHT

Dr. Jonathon Martinez, PT, DPT.

Some of you may remember Jon as a student of ours and really enjoyed the amazing treatment he provided and how well rounded he is. We are so glad to have decided to hire him because he has been an excellent addition to the team. We hear nothing but raving reviews about him.

When he's not treating, Jon loves fishing and enjoys some quality time with his family and wife.



“
We will always provide you the quality care you deserve.

DR. JONATHON MARTINEZ, PT, DPT

PATIENT SUCCESS SPOTLIGHT

“The exercises and therapy have strengthened both my shoulders. I can lift heavier objects to shelves above my head. I ask the lord to bless them for their kindness and hard work.” - **Margaret B.**



WELCOMING 2021 MEANS NEW YEAR, NEW YOU

REACH YOUR FULL POTENTIAL THIS YEAR!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.



Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. **Let Pure Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021. Call us today at (956) 994-8880 to schedule an appointment with one of our physical therapists.**

Exercise To Do At Home

Strengthens Core

BRACE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving. Try to keep your back still. Repeat 10 times.



• HEALTHY RECIPE •

CUCUMBER, TOMATO & AVOCADO SALAD

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon sherry vinegar
- 1 teaspoon orange zest
- ½ teaspoon salt
- ½ teaspoon honey
- ½ teaspoon ancho chile powder
- 1 large English cucumber, chopped
- 1 cup cherry tomatoes, halved
- 1 ripe avocado, halved, pitted and chopped

DIRECTIONS

Whisk oil, vinegar, orange zest, salt, honey and chile powder in a large bowl. Add cucumber; toss gently. Cover and let marinate for 15 minutes. Fold in tomatoes. Gently fold in avocado. Serve immediately.

