



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

MARCH, 2021

# NEWSLETTER

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# STAND UP TO SCIATICA



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## DON'T LET SCIATICA RUN YOUR LIFE



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.

**FREE**

### DISCOVERY VISIT

**BIG DEAL**

Contact us today to schedule your **FREE** consultation!



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Offer expires 04/01/21

**What Causes Sciatica?** In most cases, sciatica occurs when one of the back's discs are 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.

# 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 isn't 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.

**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?

Try this self test to discover if sciatica is a possible culprit.

1. Sitting on 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 at (703) 368-7343 to schedule an appointment FYZICAL can help you relieve your Sciatica pain.**

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 (703) 368-7343

## SHOVEL SNOW SAFELY WITH THESE TIPS!

Let's focus on shoveling. Much like any physical demand, it'll help if you warm up beforehand. Stretching your arms, legs, and back will help loosen up your muscles before you begin and decrease your risk of sustaining an unnecessary injury.

The posture you have while you're shoveling is crucial to avoiding pain. It is important to keep your body straight, with your feet about shoulder-width apart. Make sure your knees are bent and your back is straight, with your dominant leg slightly in front. When shoveling, shift your weight from your back leg to your front. Maintain a straight body the entire time if possible, without twisting your hips or back.

Here's the most important part – ALWAYS lift with your legs instead of your back! Engage your core muscles in order to lift the snow with the weight of your legs, rather than your back. Lifting with your back is one of the biggest mistakes people make when trying to lift anything of substantial weight. Your legs are stronger and can take on more weight, limiting the pain you'll feel in them – if you lift with your back, you may feel sore or tight afterward, and you may even injure yourself.



## Exercise To Do At Home

### Strengthens Back

#### 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. Repeat 10 times.

SimpleSet Pro  
www.simpleset.net



## PATIENT SUCCESS SPOTLIGHT

“I had a bout of sciatica that I just couldn’t get to go away, no matter how much I walked, stretched, or used a heat pad. I had pain in my left side all the way down my leg. I am now able to walk with a lot less pain. I learned new exercises to help and I can do these at home without difficulty. I have been to this practice several times for various reasons, and each time I am welcomed as if I am a member of their family. They have been very kind and have listened when I have been unable to perform certain functions. Their goal as they have always told me, is not to cause pain, but relieve pain.” - **Marianne W.**



Schedule an appointment today! **703-368-7343**

## REFER A FRIEND

Do you have any friends or family unable to do the following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods of time comfortably
- Live an active and healthy lifestyle
- Walk for long distances

Who do you know that could benefit from therapy? If you know someone suffering with aches and pains, refer them to FYZICAL today. **Pass along this newsletter or have them call for a Free Pain Consultation.**

To: \_\_\_\_\_

From: \_\_\_\_\_

## STAFF SPOTLIGHT: SAMANTHA L. SCHAMBACH PT, DPT

Samantha is a 2020 graduate of the Doctoral program from Shenandoah University. While there, she assistant coached the university’s volleyball team. In 2015 she received her BS in Exercise Science with a dual minor in biology and psychology. She is a local to the Manassas area, graduating from Osbourn Park High School.

Samantha’s focus is to further her knowledge and skills in manual therapy, sports medicine, and balance/vestibular rehabilitation with emphasis on post-concussion rehabilitation protocols.

From Samantha: “FYZICAL Therapy and Balance Centers Manassas has been a long-time home for me as those who work there helped me to fall in love with the physical therapy

profession thanks to injuries I had while playing competitive volleyball. After undergraduate school, I worked at the clinic as a physical therapy technician, and now as a physical therapist. I have grown with them and hope to offer the same or better levels of care to my patients that they provided me with when I was a patient.”



Since joining us in December 2020, Samantha has already shown her commitment to physical therapy students who are preparing to enter the field by taking her Clinical Instructor course certified by the American Physical Therapy Association.

Samantha enjoys spending time in the outdoors and continues to enjoy playing volleyball in her spare time.