

N E W S L E T T E R



**ENJOY SUMMER
ACTIVITIES WITHOUT
FEAR OF SCIATICA PAIN**

ALSO INSIDE THIS NEWSLETTER:

How Physical Therapy
Can Help With Sciatica

Patient Success
Spotlight

5 Practical Tips To Prepare For
Hurricane Season This 2021

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NEWSLETTER

STAND UP TO SCIATICA & BACK PAIN



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 is 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.

A lot of sciatica cases, in fact, can be resolved without operation — and within just a few weeks.

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?

Perform this Self-Test for Sciatica

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 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>

Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE TO STRENGTHEN 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.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

ARE YOU IN PAIN?

25% OFF

IN-OFFICE PRODUCT OF THE WEEK

To see what our product promotion of the week is, call our office or check out our Facebook page for the promotional post! Scan this QR Code to be directed to our Facebook page! Give our office a call for pricing or if you'd like to know more!



CALL FOR MORE INFO TODAY



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT WWW.FYZICAL.COM/NEW-ORLEANS OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

5 PRACTICAL TIPS TO PREPARE FOR HURRICANE SEASON THIS 2021

1. Make an Emergency Plan. You have to know how your family will communicate during the time of the hurricane ahead of time. Know where you'll stay in place, but also the route you'll take for evacuation if the need arises. Include special measures needed to care for pets, children, or family members with mobility issues.



2. Make Sure Your Home is Secured. Some steps you can take include: Trimming of trees to get rid of weak branches; installation of hurricane-proof doors; installation of storm shutters to windows; changing exterior glass to tempered glass; creating a plan for potted plants, outdoor furniture, and recreational toys.

3. Get an Emergency Kit Ready. Things in your emergency kit can include: bottled water; nonperishable food; flashlights; some extra batteries; portable radio; cash; first-aid supplies; pet food; prescription medication.

4. Check Your Insurance Policies. Make sure that your current coverage is sufficient to rebuild your home and get all of your personal property in case of personal loss. You should also ensure you have the types of coverages specially required for hurricanes: windstorm insurance and flood insurance.

5. Keep Essential Documents in a Safe Place. Ensure that every crucial document is in a fireproof and waterproof safe in your home.

Source: <https://www.natureworldnews.com/articles/45936/20210505/how-to-prepare-for-hurricane-season-this-2021.htm>

GREEK ISLAND CHICKEN SHISH KEBABS

INGREDIENTS

- ¼ cup olive oil
- ¼ cup lemon juice
- ¼ cup white vinegar
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 lbs boneless chicken breast, cut into 1 1/2-inch pieces
- 6 wooden skewers



- 2 large green/red bell peppers, cut into 1-inch pieces
- 1 large onion, quartered & separated into pieces
- 12 cherry tomatoes
- 12 fresh mushrooms

DIRECTIONS

Whisk the olive oil, lemon juice, vinegar, garlic, cumin, oregano, thyme, salt, and black pepper together in a large glass or ceramic bowl. Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap; marinate in the refrigerator for at least 2 hours. Soak wooden skewers in water for about 30 minutes before use. Preheat an outdoor grill for medium-high heat; lightly oil the grate. Remove the chicken from the marinade and shake off excess liquid. Alternately thread pieces of the marinated chicken with pieces of bell pepper, onion, cherry tomatoes, and mushrooms onto the skewers. Cook the skewers on the preheated grill, turning frequently for 10 minutes.

Source: https://www.allrecipes.com/recipe/218485/greek-island-chicken-shish-kebabs/?internalSource=streams&referrerId=84&referringContentType=Recipe%20Hub&clickId=st_trending_b

HAPPY

INDEPENDENCE DAY!

Happy Independence Day from your FYZICAL New Orleans and St. Bernard team!



PATIENT SUCCESS SPOTLIGHT!



They really helped me feel 90% better. !

"I came to FYZICAL having a problem with sciatica in my back, down my butt, and into my left leg. But thanks to FYZICAL, that's all gone. They were a friendly and welcoming staff, and they really helped me feel 90% better. Thanks Evan and Daniel for all the hard work in helping me feel better. I'm going to miss you guys!"
- Cowanda C.



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

NEW ORLEANS CLINIC

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ST. BERNARD CLINIC

504-277-6052

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