



## PHYSICAL THERAPY SOLUTIONS FOR SCIATICA & BACK PAIN

Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to go about your daily routine? You could be suffering from sciatica.

Sciatica is an often-debilitating condition that occurs due to inflammation or irritation of the nerve roots that become the sciatic nerve, causing pain to radiate down the leg. It can be so severe that people struggle to do normal activities of daily living. While “sciatica” may sound serious, it’s entirely curable.

With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy! Call Hands On Physical Therapy today to make an appointment.

### How Can You Tell if You Have Sciatica?

“Sciatica” is often used to describe any type of back or leg pain. However, true sciatica refers to pain that follows the sciatic nerve down through the lower back/buttock region and into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are also consistent with true sciatica.

Not all patients have pain. Some patients experience

paresthesias (i.e., numbness and tingling) along the sciatic nerve’s path in the leg and foot. For some, the condition may include weakness in the foot and lower leg muscles. In severe cases, it can include changes to bowel and bladder function.

While sciatic pain can be intense, it is treatable. For many people, physical therapy can help to resolve sciatica without operation—often within just a few weeks.

### What Causes Sciatica, and How Can You Test for It?

In most cases, sciatica is caused by a herniated lumbar disc, which occurs when the soft cushions between our vertebrae (spinal discs) tear or bulge. If that disc irritates the sciatic nerve, it causes sciatica.

Determining whether your sciatica is caused by a herniated disc or another (less likely) condition is easy at Hands On Physical Therapy. We offer on-site EMG (electromyography) tests and NCS (nerve conduction studies), two diagnostic tools that measure electrical activity in your muscles and nerves. These tests are quick, reliable ways to evaluate sciatic pain and help us pinpoint the exact cause, allowing us to provide the best possible treatment—and you won’t even have to go to another facility to have them done!

# HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA



Once we've determined the source of your sciatica, we'll create a customized treatment program. Here are just a few of the techniques we might utilize:

- **Education:** Understanding exactly what sciatica is and what causes it can help you be proactive in your treatment. Your therapist knows the solutions that work, and we can share the information with you.
- **Stay Active:** Despite the intensity of sciatic pain, it's important that you get moving, as rest can potentially worsen the situation. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.
- **Exercise Therapy:** Supervised exercises are vital to a successful outcome. We'll tailor your exercises, monitor your progress, and adjust your treatment based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

- **Manual Therapy:** Manual therapy includes a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

## Call Our Clinic Today

Hand-picked by professionals, these treatments can all address a herniated disc, the most common cause of sciatica—helping completely eliminate your sciatic pain over time. If you're experiencing pain in your back and legs, don't wait. Call Hands On Physical Therapy today and schedule an appointment to have your conditioning assessed with our expert guidance and diagnostic equipment. Then find a solution for your sciatic pain, once and for all.

Sources <https://www.ncbi.nlm.nih.gov/books/NBK507908/> • <https://pubmed.ncbi.nlm.nih.gov/33017565/> • <https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub> • <https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub> • <https://www.bmj.com/content/367/bmj.l6273> • <https://pubmed.ncbi.nlm.nih.gov/29602304/>

Visit Us Online [handsonpt.org](https://handsonpt.org) or Call Today **888-261-0164**



# CALL A CLINIC NEAREST TO YOU

## ASTORIA CLINIC

32-44 31st Street  
Astoria, NY 11106

Tel: (718) 626-2699

Fax: (718) 626-0923

## QUEENS CLINIC

220-01 Jamaica Avenue  
Queens Village, NY 11428

Tel: (929) 438-0007

## HICKSVILLE CLINIC

337 Jerusalem Avenue  
Hicksville, NY 11801

Tel: (516) 324-3480

## THROGS NECK CLINIC

3867 East Tremont Avenue  
Bronx, NY 10465

Tel: (332) 246-0507

## PARKCHESTER CLINIC

1800 White Plains Road  
Bronx, NY 10462

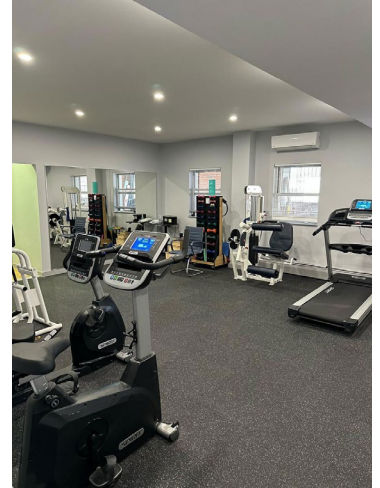
Tel: (347) 696-0752

FIND US ON SOCIAL MEDIA!



## OUR BRONX-THROGS NECK OFFICE HAS MOVED

Our Bronx - Throgs Neck office has moved one block away to the Ground Floor at 3867 East Tremont Avenue. If you have any questions please contact us at [888-261-0164](tel:888-261-0164).



## FREE SHOULDER PAIN CONSULTATION FOR ALL THROGS NECK WORKERS & RESIDENTS



### Let Us See Your Problem with Musculoskeletal Ultrasound

Hands-On PT uses real-time ultrasound sonography to see inside your shoulder and create the best treatment for your problem.

- No x-rays
- No radiation
- Results are immediate

Contact us at (332) 246-0507 or visit [handsonpt.org/request-appointment/](https://handsonpt.org/request-appointment/) to claim this offer.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your  
PT story and leave your  
review. We look forward  
to hearing from you!

★ REVIEWS

[handsonpt.org](https://handsonpt.org)



**HandsOn**  
PHYSICAL THERAPY  
Healing Hands Guided by Technology

Visit a Clinic  
Nearest to You!

TEL: 888-261-0164