



Family Physical Therapy Services, Inc.

Our Family Cares

Cathy J Leer, PT, MBA Owner/Director

603.644.8334

Sept/Oct 2016 Newsletter

Inside This Issue

HeroHealers: The Sciatica Solution For Men

Ross A. Lurgio Info Corner

Pre & Postnatal Info Corner: Sciatica In Pregnancy

Sciati-what'? Not A Simple "Disc"-ussion

Sciatica From The Older Spine—
Spinal Stenosis

3 Powerful Exercises For Sciatica

In The News At FPTs: Our Family Is Growing!

COMING SOON!: Is HeroHealers Right For You?

Like us on Facebook



www.facebook.com/familyphysicaltherapyservices/

From The Desk of Our Managing Director

By Cathy J Leer, PT, MBA



Coming Soon: The Sciatica Solution For Men!

Over the past few years, I have witnessed first-hand the changes in the healthcare system that have left many with the inability to afford the very care that was intended by the "Affordable" Care Act. Unfortunately, deductibles are \$5-15000 and still rising and we are seeing co-pays as high as \$75 per visit. As a result of the *Affordable Care Act*, **care isn't so affordable!** To be witnessing firsthand the demise of a healthcare system that has been built on access, a patient's right to choose, and affordability struck a chord so deep in me I was determined to find a way to make the new system work. I'd also had enough of people telling me to "get used to it. It's not going to change." Well I'm here to tell you it CAN change. WE have made changes that **GIVE YOU OPTIONS.** Affordable options. Accessible options.

Effective options.

Built on the same premise that I built my practice on 25 years ago, HeroHealers™ is based upon quality, effectiveness and treating everyone with the best possible care I can provide for them. I've assembled a great team with over 90 years of combined experience (and counting) who have researched in depth the latest information on sciatica, its causes, and its treatment. I'm here to tell you that we have the answers for you. **YOU DON'T HAVE TO SUFFER WITH SCIATICA ANY LONGER!**

We will soon be launching HeroHealers™, a website dedicated to helping those suffering with sciatica. Although it is The Sciatica Solution For Men, it really is applicable to both men and women!

Because it is educational and informational, there is no need to call your PCP (Primary Care Physician). Because it is internet-based and available 24/7, there will be no need to take time off from work or leave the comfort of your own home. Because we have set rates lower than an average co-payment, and have structured the pricing to be affordable to all, there is no need to worry about your co-payment or deductible. Heck, no need to lose sleep, time off from work, time with your wife, (husband) or kids or to suffer any longer!

If you want to get your superHERO mojo back and want to restore the confidence everyone has in you and you have in yourself, then HeroHealers is just right for you! We've put together a simple self-test to determine IF you have sciatica. We've even given you instructions on simple exercises to get your healing underway. No more delays! (Cont. on p.2)



Ross A. Lurgio Info Corner

How to Help Your Child Beat the Heat During Athletics

By Jenn Millen, PTA, ATC Jenn is the trainer for Ross A. Lurgio this fall.

Contact Jenn at: 644.8334

We agree with the American Council on Exercise that an athlete should drink the following amounts pre/post exercise:

- 17-20 ounces 2-3 hours before exercise
- 7-10 ounces of water every 10-20 minutes during exercise
- Throughout the day an athlete should continue to drink water and if exercised for more than one hour, have one serving of a sports drink
- 8 ounces of water 20-30 minutes before exercise
- 8 ounces of water no more than 30 minutes after you exercise

Dehydration can become a serious issue and if you help your student athletes follow these guidelines hopefully it will prevent them from becoming dehydrated and help them perform better on the field!

(Cont. from p.1) All YOU have to do is take the test and let us do the rest. We will provide guidance and education. We will even provide you with a FREE report on Sciatica signs and symptoms, the 4 primary causes, warning signs and precautions, and when to seek immediate medical attention.

We will even throw in another FREE report on the pitfalls of traditional sciatica treatment and how to get your heroic-self back out there into the field – doing work, having fun and taking care of your own! BEST OF ALL, we will provide you with the exercises that will get you started on your road to recovery!!

WE WILL BE ANNOUNCING THE LAUNCH ON  so keep checking back!



Pre & Postnatal Info Corner

By Effie Koustas, MPT

Sciatica In Pregnancy

Sciatica affects many people and symptoms can range from mild and annoying to very debilitating, needing to stay home from work. The sciatic nerve is the largest nerve in the body, providing sensory and motor function from, and to, the legs. It provides sensation to the back of the thigh, the lower part of the leg and sole of foot. Both males and females can be affected and most are between the ages of 30-50 years old. Any irritation or compression of the sciatic nerve can trigger symptoms, but pregnant women are especially likely to develop the problem because of pressure on the sciatic nerve from the growing fetus. During pregnancy, our bodies change to accommodate the growing baby and this puts pressure on either the left OR right sciatic nerve. As a result, you will feel pain and common symptoms include:

- A tingling numbness that gradually transforms into a stabbing pain or burning sensation
- Mild pain starting somewhere in the buttocks or lower back region before traveling down through the back of the legs to the foot
- Pain that occurs sporadically
- Acute muscle cramps
- Occasional groin pain

Fortunately, physical therapy can help you during pregnancy as well. Although there are no ways to prevent it, women who regularly exercise throughout their lives are less prone to experience this. The main objective of treatment is to reduce the pressure on the sciatic nerves which helps decrease the symptoms. This can be done with manual techniques, stretches, exercises, massage, and ice. You will get a specific home exercise program with techniques to self-manage pain at home. Other recommendations will include proper body mechanics, lying on the unaffected side, wearing supportive shoes, and activity modification such as avoiding sitting or standing still for prolonged periods.

From The Desk of Our Clinical Staff Manager

By Tom Fontana, MSPT

Sciati-wha'? Not A Simple "Disc"-ussion



Many people will have sciatica during their lives, a painful condition characterized by pain in the back of the leg, often all the way down to the sole of the foot. However, the term “sciatica” refers to this *symptom* rather than to any specific cause. So saying, “I have sciatica” is a more convenient way of saying, “I have really bad pain in the back of my leg going down to my foot” (see what I mean?).

I jest, but it is no laughing matter as the pain can be severe. Besides the pain, it can also be accompanied by loss of motor control (i.e., strength) of the muscles of your legs or even bowel or bladder (and loss of control of these is not only potentially embarrassing but likely necessitates immediate surgical intervention). There are many possible causes, which we frequently work to figure out in the clinic, and have begun to help those that can't come visit us (see Cathy's article on HeroHealers™).

Three common possibilities are from discs that bulge or herniate and push on the sciatic nerve, from the bones (or degenerative changes associated with the bones) pushing on the sciatic nerve, or from a developing fetus pushing on the sciatic nerve in pregnant women. Each has “textbook” features or responses to movement and we'll discuss those associated with bulged or herniated discs here. It is important to correlate your response to movement to any diagnostic imaging (i.e., x-ray, MRI or CT scan) you may have had done as backs that are over 35-years old often have signs of bulging discs or degenerative changes that have no symptoms.

Typically, if your sciatica is caused by a disc problem, standing and bending forward will bring the symptoms on or make them worse. This is commonly true with sitting. Fortunately, many cases of sciatica due to disc problems will feel better with standing and bending backward. Some may require that you lay down and bend backward propped on your elbows or in the “cobra” position. If this is true for you, fortunately the treatment prescription is to avoid bending forward or sitting as much as possible and to bend backward to manage symptoms.

Sadly, there are some disc problems that are actually made worse by bending backwards and those and many other sciatica causes must be managed more carefully.



Family Physical Therapy Services, Inc.

Life is waiting...what are you waiting for?

Bedford and Chichester, NH · 603-644-8334

Go to our [blog](#) to find out how you can become our [Triple H Winner](#) next month, as well as pay tribute to our [Patient Of The Month!](#)



Sciatica From The Older Spine—Spinal Stenosis

Spinal stenosis is the leading cause of low back and leg pain in people over the age of sixty. Typically, a person who has spinal stenosis will not recall injuring their back, but will start to notice that activities such as walking and/or standing are bothersome. Common features of spinal stenosis include:

- Low back pain
- Leg pain/numbness
- Feeling like your legs are heavy, or get tired more easily during activities
- Difficulty climbing stairs
- Laying down and sitting help relieve your pain

It may begin as a pain that is barely noticeable, but will worsen over time especially with walking or standing activities. Sometimes you may not have any back pain at all; it could purely be leg symptoms that are radiating from your back. If you find yourself leaning over the grocery cart when you're shopping, because it makes you feel better, you are likely suffering from spinal stenosis.



What causes this pain? Most commonly, stenosis is caused by arthritis. There are spaces in the spine through which the nerves run to your legs. The arthritis may cause these spaces to narrow ("lateral stenosis") so the nerves are compressed as they exit the spine, or may narrow the spinal canal ("central stenosis") and compress the spinal cord itself. This is what causes the leg symptoms.

Physical therapy can help reduce the symptoms of stenosis by using manual techniques to open the spaces that will reduce the pressure on the nerves, relieve muscle tension, strengthen the muscles that help stabilize the spine, increase hip mobility and most importantly educate patients on the condition and how to prevent irritating the nerves during everyday activities.

If you feel as though you may be suffering from spinal stenosis, don't wait to come see us. **The earlier you start treatment the better!**

In The News At FPTS

Our Family Is Growing Again!!

Congratulations to Effie Koustas and her family!

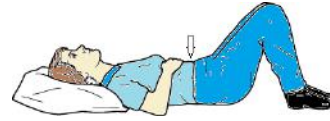


We can't wait to meet her!!



3 Powerful Exercises For Sciatica

Supine Transverse Abdominus (Hollowing)



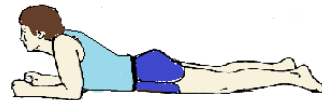
Lying on your back with your knees bent and feet flat on floor (or surface that you are on), slowly pull in your belly towards the back of your spine. (Like what you do when buttoning your pants). Hold position for a 5-6 count. Fully relax and then repeat 10-15 repetitions. Perform these several times a day.

Thomas Test Stretch To Hip Flexors



Lying on the edge of a bed with knees bent, (either on the side or off the end) pull the inside leg towards your chest to flatten out your low back against the bed. Allow the outside leg to hang **over** the edge so that you feel a mild to moderate sensation of pulling at the front of your hip. The leg you are stretching is the one you are hanging over the edge. Do not loosen up on the opposite leg, as this will cause your back to arch, which is not the position for proper stabilization of the spine. Allow the leg to hang at least 30 seconds or longer. Repeat so that you accumulate approximately 2 minutes of stretching. Repeat this several times a day to each side.

Prone On Elbows



Lying face down on a bed or floor, slowly press your upper body up so that you are then resting on your elbows. Maintain this position for at least 30 seconds or longer. Preferably 2-5 minutes. If you experience increased pain radiating into your buttocks or down your leg, come off of your elbows immediately. If you continue to experience pain into the buttocks or leg, place a pillow under your abdomen. If need be, add successive pillows until the radiating symptoms are relieved. Once relieved, if able, remove the pillow(s) (one at a time) and **gradually** try to raise your upper body up off of the bed/floor and go as high as you can towards resting on your elbows, **AS LONG AS THERE ARE NO INCREASED RADIATING SYMPTOMS.**



OPT OUT OF PAPER and go electronic for your Newsletter delivery! Simply email us at: info@familyptservices.com and write **OPT OUT** in subject line.





Family Physical Therapy Services, Inc.

Bedford, NH 03110 Chichester, NH 03258

603.644.8334

www.familyptservices.com

Presorted Standard
US Postage
PAID
Permit # 754
Manchester, NH 03103

Share me with a
friend!



**YOU DO NOT NEED A
REFERRAL***

&

**PATIENTS HAVE THE
RIGHT TO CHOOSE**



* Insurance specific



Specializing in:

Industrial Rehab and work-related injuries, pre & postnatal services, lower back pain, stenosis, sciatica and herniated discs, neck pain & headaches, tendonitis & bursitis, pre & post surgical, arthritis, plantar fasciitis, sports injuries, exercise prescription, and more...



HeroHealers™
The Sciatica Solution For Men

COMING SOON!!

How do you know if HeroHealers is right for you?

If you:

- Are between the ages of 35 and 45;
- Work in a physically demanding job requiring heavy or repetitive lifting or twisting;
- Have pain so intense that it takes your breath away and has you suddenly scared and afraid of what the future may bring;
- Want to get rid of the excruciating pain, numbness or tingling running down the back of your leg into the side of your foot;
- Want to learn how to address your back or leg pain HERE and NOW!;
- Don't want to wait for an appointment or TRAVEL to a clinic;
- Want to regain your superhuman powers and reclaim your place as head of the household;
- Want to restore your wife's confidence in your ability to take care of things around the house;
- Want to resume playing with your kids and coaching their teams;
- Want to get back to working at full capacity in no time at all; AND
- Want to provide for your family by restoring your ability to function at home, at work and at play...

Then HeroHealers is for you!!!

WATCH FOR THE ANNOUNCEMENT ON OUR [Facebook](#) page!