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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



HOW TO FIND RELIEF *FROM SCIATICA*

INSIDE:

- UNDERSTANDING HOW TO TREAT SCIATICA
- PATIENT SUCCESS STORY
- 5 SIMPLE SUMMER TIPS

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HOW TO FIND RELIEF FROM SCIATICA

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At Atrium Physical Therapy, our physical therapists are experts at treating sciatica and helping you find relief!

Sciatica, also referred to as “lumbar radiculopathy,” is a pain, numbness, or tingling that radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks and down the legs into the toes, making it the largest nerve in the human body.

When this nerve becomes irritated, pain or paresthesias ensue. Typically the symptoms are felt in the lumbar area, down the leg behind the thigh and into the lower leg and foot.

The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

Contact Atrium Physical Therapy today to set up an appointment with one of our experts. We'll provide you with the relief you need to live life comfortably once again!

UNDERSTANDING HOW TO TREAT SCIATICA

Sciatica is diagnosed through a physical therapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physical therapist's conclusions.

Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain
- Improving motion
- Increasing strength
- Improving flexibility
- Educating you on how to sit, stand, bend, and twist
- Returning to normal activities

Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will teach you an exercise program you can do at home to manage your pain.

Many exercises can help strengthen the muscles of the spinal column. Most of these

exercises focus on improving your core. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

Targeted stretches for sciatica are designed to target restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a “directional preference,” meaning what helps the patient feel and move better.

Your home program will focus on improving your pain and restoring your motion so you can resume the activities you enjoy!

HOW A PHYSICAL THERAPIST CAN HELP YOU

If you're experiencing sciatica, contact one of our physical therapists immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings.

Your therapist will identify the best way to resolve your sciatica pain using directional

Continued inside.

YOU DESERVE TO BE PAIN FREE THIS SEASON!

preference and strengthening exercises. They will examine how you respond to specific movements and positions. These particular movements and positions become the starting point for treatment.

Next, your therapist will focus on areas where you struggle with weakness or develop compensations due to sciatica pain. These exercises will be targeting your core strength. In addition, your therapist will guide you through the postures that help alleviate your pain and minimize the risks of it returning.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

CALL TODAY TO MAKE AN APPOINTMENT

Physical therapy can provide you with the treatment you need to alleviate your sciatica. If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact Atrium Physical Therapy for relief.

We'll provide you with an individualized treatment plan to help you get back to your everyday life as quickly as possible!

Sources:

<https://www.ncbi.nlm.nih.gov/books/NBK507908/>

<https://www.apta.org/article/2020/10/08/sciatica-study>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>



CALL 1.575.888.2806 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO

HONOR FLIGHT TRIP

Two of Atrium Physical Therapy's past patients, Larry Fisher and Chuck Ramsey, were taken on a recent Honor Flight trip to Washington DC to view the memorials built to honor their service and sacrifice. They both commented about how much they enjoyed the trip and how well they were cared for. Larry said that "The welcome home that we received made the whole trip worth it."

Both Vietnam era Veterans, Larry served in the Army, and Chuck in the Navy. Larry served as a microwave radio equipment repairman, a tactical microwave equipment repairman, and ultimately a warrant officer communication electronic repair technician. He finished his service at the White House Communication Agency under President Ronald Reagan and President George H.W. Bush. Chuck served as a boiler tender on the USS Coral Sea, a Midway-class aircraft carrier. Chuck has the rare status of a 'Golden Shellback', having made his first crossing of the equator at the international dateline. Honor Flight of Southern NM and El Paso is planning their next flight in September 2023.



CHUCK RAMSEY WITH ATRIUM PT ASSISTANT ANTHONY APODACA AND SARA SUMMERS FNP AT THE LAS CRUCES HOMECOMING



LARRY FISHER AND GUARDIAN BILL FOSTER AT THE EL PASO AIRPORT HOMECOMING

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MEET ADRIANA BUSTAMANTE



Adriana is from Lovington, NM and moved to Las Cruces in 2020. While in high school she simultaneously attended her local community college and received associate degrees of arts and of science. After another year of working on transferable credits at NMJC, she transferred to NMSU where she obtained her bachelor's degree in accounting. Although most of her studies have been business related, she is not opposed to the idea of expanding her knowledge in different health professions like physical therapy. When she gets a chance, Adriana loves to care for her plants, cook, travel, and spend time with her friends and family.

PATIENT SUCCESS

"She is always cheerful."

Chantal Scott, Doctor of Physical Therapy, designed therapy plans for the clinic under her instruction and for self directed home care. She explained the purpose of each exercise or stretch. She is always cheerful. I looked forward to every session with her, even if it was not any fun. I strongly recommend Chantal as a therapist, and Atrium as the best physical therapy clinic in Las Cruces. -**Gerald C.**

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!



CORE VALUES



5 SIMPLE TIPS FOR SUMMER

1. Get outside!

Make your way over to your local pool, peruse around nearby shops, or simply take a walk around the neighborhood to get out, get moving, and enjoy the weather!

2. Rearrange your schedule.

Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

3. Get healthy for your summer team.

At Fairfield Universal Therapy, we also offer training and performance classes to train your body for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.

4. Start something new!

Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Any new physical hobby will help you get the exercise you need.

5. Contact us for help.

If you find yourself in any sort of pain, or if you'd simply like some extra motivational assistance, don't hesitate to contact us.



HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy to schedule a complimentary 'discovery visit'. We will spend some time with you to determine if physical therapy might be part of your recovery.

 1.575.888.2806