

## HOW DO I KNOW IF I NEED PHYSICAL THERAPY FOR MY SCIATICA PAINS?



Presented by the  
Arlington Chamber of Commerce

MSR has won the "Best Business" Award from Arlington Chamber of Commerce 2021! Thank you for all of your committed loyalty and dedication to MMA & Sports Rehab.

### INSIDE:

• How Do I Know If I Need Physical Therapy For My Sciatica Pains?

• When Should I See A Physical Therapist?



## HOW DO I KNOW IF I NEED PHYSICAL THERAPY FOR MY SCIATICA PAINS?



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### INSIDE:

• When Should I See A  
Physical Therapist?

• 4 Ways To  
Relieve Sciatica



Physical therapy is one of the most effective ways to treat sciatica pains. If you are living with sciatica, you know how uncomfortable it can get. Many people with sciatica describe their symptoms as "shooting pains," typically down one side of the body.

While sciatica does not always require physical therapy treatments, they can help relieve your pain and speed up the healing process. Because of this, it is in your best interest to consult with a physical therapist before symptoms become too severe.

If you are living with sciatica, or you think you may be experiencing sciatica symptoms, contact MMA & Sports Rehab today to discover how we can help.

#### How can physical therapy help me?

In a study published by Spine, a respected medical journal, physical therapy treatments for sciatica pain were seen to be a highly effective option. When a patient begins their physical therapy sessions early enough, they are able to manage their pain quickly and straightforwardly. Additionally, physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early.

This study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment. The authors attributed the cost-effectiveness of the physical therapy approach in part to using it as a first line of defense against sciatic pain and back pain. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically become obsolete.

## CALL TODAY! (703) 884-7084

[www.RehabMMA.com](http://www.RehabMMA.com)

# When Should I See A Physical Therapist?

A good rule of thumb is to come in for a free consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be. Sciatica symptoms may include shooting pains down one leg, buttock, or persistent aches and/or numbness in the lower back. Additionally, any dull or piercing aches along the sciatic nerve may be an indication of sciatica.

If pain goes from dull to severe, that is a strong indication that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body that doesn't seem to go away are all signs that physical therapy is needed. Incontinence may also occur as an indication that your sciatica is getting worse – if your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.



## How can I get started?

Why wait to find relief? Contact MMA & Sports Rehab today to find out more about our physical therapy methods for treating sciatic aches and pains.

Physical therapy treatments will include targeted stretches and exercises to help strengthen the muscles around the sciatic nerve. Treatments may also focus on range of motion and postural improvement, in order to decrease stress on the sciatic nerve and prevent pain from returning in the future.

At MMA & Sports Rehab, we offer free consultations that will allow you to speak with one of our licensed and experienced physical therapists to learn their professional opinion regarding your condition. From there, if you decide to proceed, you will begin an examination process that will help determine the best-personalized treatment plan for your specific needs.

If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today. We'll get to the root of the issue so you can get back to living your life comfortably!

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## Acai Smoothie Bowl



- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthezoo.com/acai-bowl-recipe/>

## Clinic News



### **Congratulations to Dr. Ujjwal for being an Honoree for Leadership Center for Excellence & Leadership Fairfax's "2021 Northern Virginia 40 Under 40"!**

The 40 Under 40 award recognizes and celebrates the young leaders of the community and the impact they've made in their fields.

Dr. Ujjwal attended an FDM course at Michigan State University, College of Osteopathic Medicine, East Lansing, April 2021.

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# 4 Quick Ways To Relieve Sciatica

**1. Get properly diagnosed by a physical therapist.** Other low back conditions can present as sciatica symptoms and it is important to determine the exact origins of your symptoms. Seeing a physical therapist sooner, rather than later means faster recovery and less potential for damage that can occur to the spinal joints and nerves.

**2. Alternate heat and ice to the low back and buttock area.** Ice helps to relieve inflammation, while heat, helps relax muscles and improve blood flow. Try 10 minutes on, 30 minutes off when alternating. Make sure to check your skin frequently to prevent injury. Speak with one of our specialists if you have questions on what will work best for you.

**3. Position yourself to relax your low back and take the pressure off the nerve.** Two ways to do this are either:

1. Lie on your non-painful side with your knees bent comfortably with the top knee slightly forward of the other.
2. Lie on your back with a pillow under your knees.  
(Find your best position of comfort).

**4. Lying on your back, knees bent, slowly rock knees side to side gently stretch your low back.** This can help relax the muscles and relieve nerve pain. Speak to one of our specialists if you have questions on which exercises you should do.

While sciatica can literally be a pain in the backside, it doesn't have to stay with you. Simple strategies and seeing the right physical therapist early can make a big difference in quickly healing and returning to the pain-free activities you love.



## 2021 Arlington Best Business Award Winner



Presented by the  
Arlington Chamber of Commerce

We are very excited to announce that MSR has won the 2021 Arlington Best Business Award. This award is nominated by the Chamber membership and is evaluated by a committee of past award winners to determine the winners. We are so grateful for the amazing team at MSR, our wonderful patients, and our community!