



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**FIND RELIEF FROM
SCIATICA**

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INSIDE:

- HOW DOES PHYSIOTHERAPY HELP SCIATICA?
- HOW MANUAL THERAPY CAN HELP RELIEVE YOUR PAIN

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 MedRehab Group Physiotherapy, our physiotherapists 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 MedRehab Group Physiotherapy 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 physiotherapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physiotherapist's conclusions.

Once you are diagnosed with sciatica, a physiotherapist 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 physiotherapists 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!



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How Does Physiotherapy Help Sciatica?

If you're experiencing sciatica, contact one of our physiotherapists immediately. Your physiotherapist 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 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 physiotherapist 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

Physiotherapy 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 MedRehab Group Physiotherapy for relief.

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



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Brampton

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Concord

(905) 798-1165

East Hamilton

(289) 206-7247

Georgetown

(289) 804-8457

North York | Finch

(289) 512-0803

Pickering

(289) 207-6316

Richmond Hill

(289) 276-5195

Toronto | St. Clair

(289) 205-0379

Vaughan

(905) 265-8966

Woodbridge

(289) 278-6709

Staff Spotlight: Meet the Clinical Team for Vaughan Clinic



Dr. Farah Ashhadi-Somehsaraei,
Chiropractor



(Angela) Fereshteh Yasoubi,
Physiotherapist



Ying Wei,
Acupuncturist



Darshana Paghдал,
Physiotherapist



Shu Min,
RMT



Jonathan Giambagno,
Operating Partner

Harpreet Kaur
Registered Massage Therapist

Krina Shah
Chiropodist





How **MANUAL THERAPY** Can Help Relieve Your Pain

If you've recently been injured or undergone a surgical procedure and are feeling pain and discomfort, you might be at a loss for what direction you should turn to for relief. Chances are that manual physiotherapy could really help you out! If you're worried or unsure about the benefits of manual therapy, let us ease your mind a bit.

Many of our first-time physiotherapy patients come to their initial consultation thinking "This is going to be even more painful than my current condition." That is not the case at all! Manual therapy is safe and non-invasive. It does not require you to have expensive surgeries or take harmful, possibly addictive medications. Our physiotherapists will use many different modalities and techniques to help move your joints, ligaments and tendons in ways that will promote healing and soothe the pain. These procedures will also reduce scar tissue and minimize inflammation.

Contact or request an appointment MedRehab Group Physiotherapy today to learn more about the benefits of manual therapy. Our dedicated team of physiotherapists are waiting with open doors and open arms to meet you and get you back to living the active lifestyle you deserve!

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Our Patients Get Great Results!

"I had sciatica pain for 2 years when I started attending MedRehab. Within 2 months I felt considerable relief from my pain. The staff is also very friendly. I would certainly recommend MedRehab."

- 5-Star Google Review
Brampton Clinic

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, please call in to ask for other options.

Call Today!

Our New Location In Concord Is

Opening Soon

We are excited to announce the upcoming opening of our new Concord physiotherapy practice location, where we will continue to provide top-notch care to our valued patients.

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