



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

NOW OPEN

Our Newest
Location in
Newmarket

289.301.9379

SAY
FAREWELL
To Your
Sciatica Pain

www.medrehabgroup.com





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PHYSIOTHERAPY

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INSIDE: FREE SESSION FOR THE FIRST 30 PATIENTS AT NEWMARKET CLINIC!



NOW OPEN
Our Newest
Location in
Newmarket
289-319-0867

**SAY
FAREWELL
To Your
Sciatica 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 often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating 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.

Call our clinic today to make an appointment. With guidance from your physiotherapist, you can find solutions to your pain and get back to living the life you enjoy!

HOW CAN YOU TELL IF YOU HAVE SCIATICA?

Although sciatica is a commonly used term, it may also cause confusion because it is sometimes used to describe any type of back or leg pain. But "true" sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are consistent with a true sciatica.

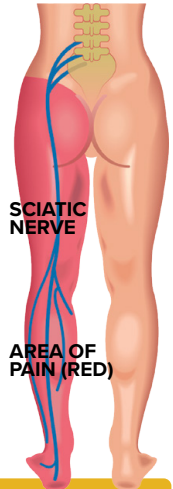
Not all patients have pain. Some patients experience paresthesias (i.e. numbness and tingling) along the sciatic nerve's path in the leg and foot. For some, the condition may include weakness in the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

While sciatica pain can be intense, it is treatable. For a lot of people, physiotherapy can help to resolve sciatica without operation — often within just a few weeks. Even if you've suffered severe sciatica spawned from leg weakness, bladder changes or nerve issues, there's still hope.

WHAT CAUSES SCIATICA?

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated by disc material that has ruptured. Recent evidence suggests that sciatica is not because of "compression" but a combination of pressure, inflammation and immune system defenses.

(Continued On Next Page)



Scan the QR Code to visit our website to schedule your next appointment today!

Call Us Today! | medrehabgroup.com

HURRY — THE END OF YEAR BENEFITS EXPIRING SOON. USE THEM OR LOSE THEM!

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In most cases, a physiotherapist can help to identify what is causing the condition and how to successfully resolve it. The combination of education and activity modification can help set the stage for a successful outcome.

going on, and more importantly, what you can do about it, has been shown to be one of the most effective solutions. It seems small but consistently it has been shown to help!

Advice To Stay Active – It is especially important to stay active early, despite the intensity of the pain that can be associated with sciatica. We know that rest is not an effective solution. Your physiotherapist 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. A physiotherapist will tailor your exercises, monitor you and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

The McKenzie Method is a technique that has been shown to be effective in identifying movements and positions to provide you with relief and is often used for home exercises.

Spinal Manual Therapy – Physiotherapists often use spinal manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion with the aim of improving 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

These treatments, hand-picked by professionals, can completely eliminate sciatica over time. If you're experiencing back pain, don't wait. Call one of our physiotherapists today and schedule your first appointment to have your condition assessed and your back pain treated, once and for all.

THE MOST COMMON SYMPTOMS OF SCIATICA

Sciatica back pain is normally noticed as a pain radiating from the lower back/buttock down the leg below the knee and sometimes into the foot. The dominance of leg pain (more than back pain) is a classic characteristic of sciatica.

The location of the leg pain (i.e. outer calf or back of calf); paraesthesia (i.e. numbness and/or tingling) or loss of sensation, along with weakness and/or reflex changes are all indications of sciatica. Another clear sign is increased leg pain with coughing, sneezing and/or taking a deep breath. If sciatica isn't treated, it can hinder mobility altogether.

HOW PHYSIOTHERAPY CAN HELP WITH SCIATICA

If you're experiencing sciatica, contact a physiotherapist immediately. Your physiotherapist will perform a thorough physical examination and based on the finding provide you with solutions that work.

Education – Understanding exactly what sciatica is and how to manage it can help you be proactive and find a solution for your sciatica. Your therapist knows the solutions that work. Understanding what is



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Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

By referring a friend, they will thank you and so will we!

Brampton
289.804.1726

East Hamilton
289.206.7247

New Market
289.301.9379

Pickering
289.207.6316

Toronto | St. Clair
289.205.0379

Woodbridge
289.278.6709

Concord
289.274.2060

Georgetown
289.804.8457

North York | Finch
289.512.0803

Richmond Hill
289.276.5195

Vaughan
289.814.8825

**NOW
OPEN**

Our Newest Location: Newmarket

181 Green Lane East, Unit 2, East Gwillimbury, ON L9N0C9 | **289-301.9379**



Introducing Our Newmarket Grand Opening Celebration **NOW OPEN!**

181 Green Ln East #2 East Gwillimbury ON L9N 0C9

We're thrilled to be part of the Newmarket community,
and what better way to express our gratitude than
by offering you a remarkable gift:

Free Session for the First 30 Patients
at Newmarket Clinic!

Our expert physiotherapists and chiropractors are here to help you explore the incredible world of natural healing and wellness. During this special event, you can expect:

- **Personalized Care:** Our sessions are tailored to your unique needs and health goals.
- **Expert Consultation:** Speak with our experienced professionals to address your health concerns and questions.
- **Discover Healing Techniques:** Explore the benefits of our natural, non-invasive healing methods.
- **Relieve Pain:** Find relief from chronic pain and discomfort.
- **Enhance Well-being:** Improve your posture, flexibility, and overall wellness.
- **Prevent Injuries:** Learn how to prevent injuries and boost athletic performance.

Whether you're a Newmarket resident eager to discover holistic health solutions, someone seeking relief from chronic pain, or a family looking for non-invasive wellness alternatives, we welcome you to join us during this special event.

How to Reserve Your FREE Session:

Call: **289.301.9379**

Email: newmarket@medrehabgroup.com

Free Session

Limited Availability: To ensure everyone receives the attention and care they deserve, we kindly ask you to book your free session in advance. We can't wait to meet you and embark on a wellness journey together.

**Don't miss this opportunity to unlock the path to better health.
Mark your calendar for our Grand Opening celebration November 6th.**

We're excited to be part of your health and wellness journey.
Thank you for allowing us to be a part of your community.

SEE YOU AT OUR NEWMARKET BRANCH

NOW OPEN!

www.medrehabgroup.com

Our Patients Get Great Results!



"Excellent and very professional staff and service. They helped me with my sciatica and lower back pain and the massage is helping me with my muscle stiffness and body posture."

— Tomasz, 5-Star Google Review
Brampton Clinic

Our New Location In Newmarket Is **NOW OPEN**

181 Green Lane East, Unit 2
East Gwillimbury, ON L9N0C9

289.301.9379


COMMUNITY VOTES

VAUGHAN
2023

WINNERS

MedRehab Group Physiotherapy
won the Vaughan Community
Award for 2023!



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