



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

ADDRESSING SCIATIC PAIN START EARLY FOR BEST RESULTS



*Exciting
News!*

We're thrilled to announce that Georgetown Medrehab Group Clinic has officially become the most trusted brand for local business services, winning the prestigious 'Best Business in 2024' award!

www.medrehabgroup.com



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ADDRESSING SCIATIC PAIN START EARLY FOR BEST RESULTS

Lower back pain is bad enough. Now imagine that pain radiating down through your buttocks and into your leg. Maybe your leg becomes numb. Maybe the pain is so bad that you can barely walk!

For people with sciatica, this nightmare scenario is a reality. Sciatica is a type of lumbar radiculopathy (i.e., nerve pain) resulting from damage or irritation to the sciatic nerve, which runs from your lower back down the back of your leg. It affects between 1% - 5% of the population.

Sciatica can be debilitating. In addition to intense pain, it severely limits your mobility — some people may struggle to get around at all. And because it results from nerve damage, it can also cause numbness, tingling, and other sensations in the leg.

The good news is that physiotherapy at MedRehab Group is one of the best treatment options for addressing sciatic pain. Unlike pain medication, it doesn't simply mask the symptoms — it seeks to resolve the underlying cause of your sciatic pain so that you have lasting relief.

WHEN SHOULD I SEE A PHYSIOTHERAPIST ABOUT SCIATICA?

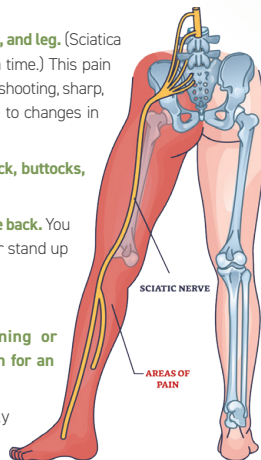
As with most musculoskeletal pains, sooner is better! Many people try to ride out sciatic pain by taking pain medication and resting — which can actually be counterproductive and further worsen the underlying cause of your sciatica. By seeking out an early intervention, you can start feeling better faster.

You should also pay attention to changes in the severity of your pain or shifting sensations in your back and leg. Because sciatica is caused by pressure on the sciatic nerve, these changing symptoms can indicate something is happening to the nerve.

What are some of the specific symptoms of sciatica you should watch out for?

- **Pain in the lower back, buttocks, and leg.** (Sciatica usually only affects one leg at a time.) This pain might be dull, throbbing, aching, shooting, sharp, etc. Remember to pay attention to changes in sensation!
- **Numbness or tingling in the back, buttocks, or leg**
- **Restricted range of motion in the back.** You might struggle to twist, bend, or stand up straight.
- **Walking with a limp**
- **Increased pain in the morning or after remaining in one position for an extended period**

One symptom you absolutely shouldn't ignore is any kind of incontinence when paired with



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sciatic pain. This indicates a serious medical emergency that may require surgical intervention – but our physiotherapists will be here waiting to help you with rehabilitation!

Fortunately, such incidents are rare. In most cases, regular physiotherapy is enough to resolve sciatic pain.

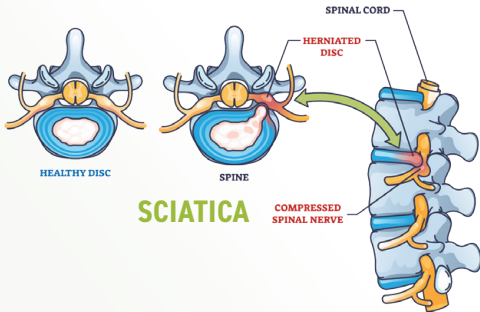
PHYSIOTHERAPY: FRONTLINE TREATMENT FOR SCIATICA

One of the reasons physiotherapy is so effective for sciatic pain is that it focuses on resolving the underlying cause. When you come in for your appointment, our therapists will perform a comprehensive evaluation to help us determine what might be irritating, pinching, or compressing your sciatica nerve.

We'll ask you to share details about your symptoms, such as when they started and the exact sensations you're experiencing (i.e., dull pain, shooting pain, numbness). We'll also perform several movement screens that give us a complete picture of your situation. We might check the following:

- Overall mobility
- Posture
- Muscle weakness and activity
- Balance and gait
- Nerve activity

Once we understand what's causing your sciatic pain, we'll develop a customized treatment plan to address that cause. The most common cause of sciatica is a lumbar herniated disc.



Nestled between each vertebra in your spine is a vertebral disc, a soft cushion of cartilage that protects the vertebrae from rubbing against each other. If one of those discs becomes damaged – either because of a sudden injury or age-related degeneration – they can rupture or bulge, irritating the nearby sciatic nerve.

By addressing your herniated disc, you can resolve your sciatica. For most people, that means a targeted, progressive therapeutic exercise program paired with pain management techniques such as manual therapy.

DON'T LET THAT SCIATIC PAIN LINGER: MAKE YOUR APPOINTMENT TODAY!

Sciatica can dramatically impact your overall quality of life. Early intervention with MedRehab Group will ensure you say goodbye to sciatic pain for good.

IF YOU'RE EXPERIENCING ANY POSSIBLE SCIATICA SYMPTOMS, CALL TODAY TO MAKE YOUR APPOINTMENT!



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

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DON'T MISS OUT ON YOUR...

FREE CONSULTATION

UNLOCK A PAIN-FREE LIFE! EXPERIENCE THE POWER OF PHYSIOTHERAPY WITH A COMPLIMENTARY CONSULTATION.

Available at our Newmarket, Concord and Vaughan locations.

Our expert therapists are ready to assess your unique needs, crafting a personalized roadmap to recovery. Say goodbye to limitations and hello to strength. Seize this opportunity to take the first step towards a healthier you. Booking your free consultation is simple – call us today.

Don't wait; claim your free consultation now and embark on a path to well-being!

Offer expires March 31, 2024.

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289.278.6709

Concord
289.274.2060

Georgetown
289.804.8457

North York | Finch
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Richmond Hill
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Vaughan
289.814.8825

How EMG/NCS Testing Can Help Identify The Source of Sciatic Pain

If you're struggling with sciatica, you want relief fast. But until you know what's irritating your sciatic nerve, you'll never be able to resolve your pain entirely.

In most cases, a herniated disc is the culprit for sciatica. Still, it's important to be sure, as the underlying cause of your pain will dictate the treatment approach our physiotherapists recommend. Diagnostic tools such as EMG/NCS testing will help your physiotherapist know for certain.

EMG/NCS TESTING: A QUICK OVERVIEW

An EMG (electromyography) is a simple procedure that measures the electrical activity of your muscles. One of our diagnostic specialists will insert a needle electrode into your muscle. They'll ask you to contract and relax the muscle as the EMG records the results.

We usually perform an EMG test alongside an NCS (nerve conduction study), which measures the speed of electrical activity along your nerves. An NCS uses electrodes that are attached to the skin. Our specialist will send a small electrical pulse between the electrodes to collect the necessary information.

Together, these two studies can confirm that your sciatica is, in fact, courtesy of a herniated disc—allowing the MedRehab Group physiotherapists to get started on an appropriate treatment program.

SCHEDULE YOUR EMG/NCS TEST TODAY!

A simple test might be all you need to get to the root of your sciatica pain. To get started, call us to schedule your testing appointment today!

MEET ME AT MEDREHAB GROUP

Meet Rochelle. She has over 7 years of clinical experience treating a multitude of various conditions including post-surgical conditions, musculoskeletal, neurological conditions. Her clinical practice involves a combination of manual therapy, motor retraining/specific exercise prescription, and patient empowerment as core elements of my treatment plan. Rochelle always believes in providing the highest standard of care in every patient that she encounters.



ROCHELLE NICDAO
Registered Physiotherapist

Rochelle has special training in Neuro Proprioceptive Taping Level 1, Myofascial Manipulation Level 1, Mulligan Concept of the Upper and Lower Quadrant, Acupuncture and Dry Needling, and Basic Manual Lymphatic Drainage, Custom Orthotic Therapy 1,2 and 3.

Our Patients Get Great Results!



"5 years ago I was diagnosed with a severe case of sciatica which disabled my legs from walking or any movement. Once I recovered and started walking due to heavily medication I started physio and other treatments which MedRehab provides and they have been taking care of me throughout all these years and couldn't be any more relieved and appreciative of their services preventing sciatica from returning." — Paul V.,
5-Star Google Review

Are you in pain? Have you
sustained an injury?

Call Today!

Our New Location In Newmarket Is NOW OPEN

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