



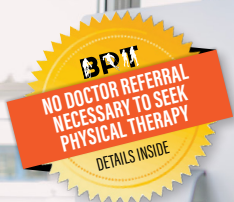
# Struggling with Back Pain or Sciatica? Stand Taller with Physical Therapy

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- How Successful is Physical Therapy for Back Pain?
- Tips for Sciatica Relief
- Dry Needling
- Patient Success Spotlight
- Exercise Essentials



## WE ARE OPEN!



# Struggling with Back Pain or Sciatica? STAND TALLER WITH PHYSICAL THERAPY

Did you know that over 80% of people across the world will suffer an episode of back pain at some point in their lifetime? If you are suffering from back pain or sciatica, you know how hindering it can be.

With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physical therapist.

At Breckenridge Physical Therapy, we are fully equipped to treat any back pain you may be experiencing. Contact us today to schedule a consultation and find out more about how our services can benefit you!

## THE DIFFERENCES BETWEEN BACK PAIN AND SCIATICA:

It can be difficult sometimes to determine the differences between general back pain and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve.

Your sciatic nerve is the largest nerve in your body – it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet.

It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. Common culprits of sciatica development include weakness in the gluteal muscles or tightness in the piriformis muscle, as they can compress and irritate the sciatic nerve.

## COMMON SCIATICA SYMPTOMS:

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience severe pain radiating down one of their legs.

It is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

## COMMON SCIATICA TREATMENT:

The safest, easiest, and most effective mode of sciatica treatment is through physical therapy. Physical therapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure.

Our licensed physical therapists will analyze the movements of the muscles surrounding the sciatic nerve, in addition to the back and hip joints.

They will design an individualized treatment plan based on the specific needs of each patient, in order to strengthen the affected muscles, improve joint flexibility, and prevent problems from occurring again in the future.

**For more information on how to get relief from your sciatica and get moving again or to make an appointment with Breckenridge PT, give us a call today! We can't wait to hear from you!**

# How Successful is Physical Therapy for Back Pain?



A study found in the medical journal SPINE proves both the physical and monetary benefits of treating back pain and sciatica with physical therapy.

It demonstrates that when doctors refer their patients for physical therapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average of \$2736.36 for their low back pain treatment simply by being referred to a physical therapist in the beginning.

If you are suffering from back pain or sciatica, consult with your doctor about physical therapy treatments, or contact our office to learn more about how you could benefit.

At Breckenridge Physical Therapy, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physical therapy.

**For more information, Contact Us Today at  
Breckenridge Physical Therapy.**

***breckenridgephysicaltherapy.com***

**970.485.3421**

## **No Doctor Referral Necessary To Seek Physical Therapy**

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve  
your health  
naturally

## **TIPS FOR SCIATICA RELIEF:**

There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physical therapy treatments:

1. Performing gentle stretching exercises.
2. Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
3. Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.
4. Using your legs to bend down when picking up objects off the floor, rather than using your back.
5. Alternating ice and heat on the buttock to relieve pain.
6. Asking your doctor about coming to physical therapy, or giving us a call.

## **Give This Coupon To A Friend Or Loved One!**

BRECKENRIDGE  PHYSICAL THERAPY

### **Refer a Friend!**

To \_\_\_\_\_

From \_\_\_\_\_

#### **Do you know anyone that needs our help?**

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.485.3421 or visit [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)



Call Breckenridge Physical Therapy at 970.485.3421, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!



## Patient Success Spotlight

*"I saw Justin on recommendation from a friend. After bilateral hip replacements at age 67 and ongoing low back issues I called for an appointment laying on my back on the floor. Four visits in I'm hoping for a return to sports and a life I enjoyed years ago. It seems possible today with Justin's intuitive hands-on approach, prescribed exercises and increased knowledge of my condition. I am eternally grateful for at the least as long as I'm on this earth." - G.M.*

**Want results like this? Call Breckenridge Physical Therapy at 970.485.3421 to schedule your appointment today!**

## Exercise Essentials

*Helps Strengthens Your Core*

### DEAD BUG | HEEL TOUCHES

*Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.*



Always consult your physical therapist or physician before starting exercises you are unsure of doing.



## DRY NEEDLING

Dry Needling is a medical technique performed by a skilled physical therapist to immediately reduce pain, muscle tension and improve mobility. It is used in a variety of musculoskeletal problems including, but not limited to: acute or chronic injuries, headaches, neck pain, back pain, tendonitis, muscle spasms, Sciatica, Hip or knee pain, muscle strains, fibromyalgia, tennis or golfer's elbow, overuse injuries, and much more.

### WHAT IS DRY NEEDLING?

Dry Needling is a treatment technique often used by physical therapists to relieve pain. It requires using a sterile acupuncture needle that is inserted through the skin into muscles, tendons, ligaments, and/or close to nerves to immediately reduce pain, decrease muscle tension and increase mobility. Dry Needling is not acupuncture; it is based on a modern scientific study of musculoskeletal and neuromuscular systems. This treatment technique provides an environment that enhances the body's ability to heal which ultimately reduces pain.

Dry Needling can be used for a variety of musculoskeletal problems. When combined with traditional physical therapy and the advanced manual therapy techniques, we have had success treating most pain-related problems from head to toe and from acute to chronic conditions. Also, Dry Needling can be used to help athletes overcome delayed onset muscle soreness. As athletes push the envelope to become bigger and faster or to reach new goals, recovery becomes an essential phase in the process.

### CONTACT US TODAY

Dry Needling is a powerful treatment technique that when used in conjunction with our other physical therapy treatments, can help you relieve your pain and improve your function quickly. Contact Us Today at Breckenridge, CO Center to learn more about our dry needling therapy.

## THINK YOU HAVE WHAT IT TAKES TO BE A PHYSICAL THERAPIST?

Contact Breckenridge Physical Therapy today for more information on joining our team.

**970.485.3421**