

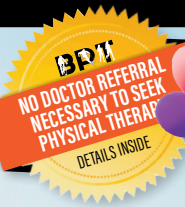
FIND RELIEF FROM YOUR
**SCIATICA
PAIN** WITH
PHYSICAL
THERAPY

ARE YOU SUMMER READY?

FIND OUT INSIDE

See Inside

- *Are You Summer Ready?*
- *Exercise Essentials*
- *Patient Success Story*



FIND RELIEF FROM YOUR SCIATICA PAIN WITH PHYSICAL THERAPY



Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to tolerate typical daily activities? You could be experiencing sciatica. At Breckenridge Physical Therapy, we can help you figure out what you are dealing with and resolve it!

Sciatica is a specific type of back pain that is a widespread and often debilitating condition. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s).

It is a condition that develops from compression or inflammation of the sciatic nerve. Sciatica usually affects people between the ages of 30-50, and it can develop for several reasons, such as:

- Herniated discs
- Sports-related injury or other traumas
- Work-related overuse or repetitive stress
- Arthritis and/or bone spurs

Fortunately, physical therapy can effectively treat sciatica pain. To learn more about how we can help relieve your sciatica pains so you can get back to living your life comfortably, contact Breckenridge Physical Therapy today!

SYMPTOMS OF SCIATICA

The sciatic nerve consists of the nerves from the fourth lumbar through the second sacral nerve

roots. These nerves come together to form the sciatic nerve. It is the largest nerve in the body.

Sciatica is a debilitating condition that starts in the lower back region and results from irritation or injury to the sciatic nerve.

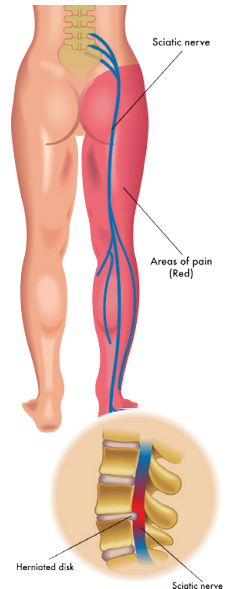
A common misunderstanding is that any low back pain or leg pain is sciatica, but sciatica is the specific pain directly resulting from sciatic nerve pathology. Patients affected by this condition may experience pain and paresthesias (i.e., numbness and/or tingling) along the sciatic nerve distribution.

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated by disc material that ruptures. This irritation is due to a combination of pressure and inflammation around the nerve.

Sciatica is often a constant pain in the lower back and travels down the buttock, thigh, calf, and into the foot. Sciatica pain often is worsened with flexion of the lumbar spine, twisting, bending, or coughing.

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

(Continued inside)



FIND RELIEF FROM YOUR SCIATICA PAIN

(Continued from outside)

PHYSICAL THERAPY TREATMENTS FOR SCIATICA

Our physical therapists will guide you through all treatment phases, from the initial diagnosis to the therapeutic and preventive stages of recovery. We will start with a comprehensive evaluation and a movement assessment to identify all the factors contributing to your condition.

Using this information, we will develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and any other appropriate pain relief techniques!

Passive treatments for sciatica relief may include electrotherapy and targeted manual therapy, including joint mobilization/manipulations and soft tissue work. These different treatments help reduce pain, stimulate blood flow, increase your joint and tissue mobility and accelerate healing.

Active treatments include motions, stretches, and specific exercises to reduce pain, restore movement, and strengthen the spine. Our physical therapists will teach you exercise programs that you can do at home to manage your pain.

Understanding precisely what sciatica is and how to manage it can help you be proactive and find solutions that work!

HOW CAN I RELIEVE MY SCIATICA PAIN?

First and foremost, you should consult with one of our physical therapists as soon as possible. At your appointment, you can expect to undergo a physical exam and evaluation. We will include a health history and specific testing procedures, including evaluation of posture, movement and flexibility, and of muscle and joint motion and performance, to identify the source of your symptoms.

By consulting with a physical therapist as soon as you begin to notice pain, you'll be able to recover quicker and avoid damage to the spinal joints and nerves. Your interventions will be based on the evaluation and severity of your condition.

In addition, you will receive self-management recommendations that will likely include targeted stretches, postural advice, and strengthening exercises to perform at home.

You deserve to live a life free of pain and discomfort. Our goal is to help you return to doing things you love doing without the threat of injury! If you are living with the constant aches and pains of sciatica, call Breckenridge Physical Therapy today to get started on the first steps toward sciatica pain relief.

970.364.6601

breckenridgephysicaltherapy.com

ARE YOU SUMMER READY?



We've finally gotten past the cold winter months. Before we know it, it'll be summer! With the warmer weather here, you'll want to be sure you're ready to have a fun and active season.

Getting active improves your health, comfort, mobility, and overall quality of life, so if you're struggling with chronic pain that is keeping you from participating in fun physical activities, there's a problem!

Do you need help addressing your aches and pains? Breckenridge Physical Therapy can help you prepare you for pain-free fun in the sun.

Our physical therapists can evaluate your current physical condition and assess your fitness levels. It doesn't matter if you're currently moving with assistance from a walker, cane, or another device, or if you're a serious athlete: physical therapy can help you get into better shape, reduce your chance of injury, and eliminate pain from sore muscles and joints.

If you are rehabilitating an injury, unsure of your exercise tolerance, or battling a particular chronic pain issue, it's a great idea to get in touch with a Breckenridge Physical Therapy physical therapist before summer to create a plan of action!

Are you ready to get in shape and improve your fitness levels for the warmer months ahead? Call our clinic today to set up an appointment to be seen by your favorite PT! Let's work together to be sure you have an awesome summer.

FREE WORKSHOP

LOW BACK PAIN AND SCIATICA

TUESDAY, JULY 19TH AT 6:00 PM



Contact Breckenridge Physical Therapy today at 970.364.6601 for more information!



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

PATIENT SUCCESS STORIES

Exercise Essentials

Helps loosen lower back and relieves sciatica pain.

PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.

 SimpleSet Pro
www.simpleset.net



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

Contact Breckenridge Physical
Therapy today at **970.364.6601** for
more information!

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 **970.364.6601** or visit breckenridgephysicaltherapy.com

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



Improve
your health
naturally

**"I WAS ABLE TO REGAIN A LOT OF
MOBILITY, GREATLY REDUCE MY PAIN,
AND MORE FULLY ENJOY MY
TIME IN THE MOUNTAINS."**

"I was in Breckenridge for a few weeks this past September as part of a cross-country road trip and was in quite a bit of pain due to a herniated disc, so I reached out to BPT to see if there was any way I could come in and be treated.

Luckily, despite already having a very full schedule and my only being in town for a few weeks, the BPT office manager, Connie, took pity on me and was able to get me in for about a half dozen sessions with Justin.

My experience with Justin, Connie, and everyone at BPT was an incredibly positive one. They were not only very friendly and compassionate, but also extremely knowledgeable and professional.

Thanks to my sessions with Justin — who employed a lot of new techniques and exercises that I hadn't been doing with my PT here at home — I was able to regain a lot of mobility, greatly reduce my pain, and more fully enjoy my time in the mountains.

I was very fortunate to stumble onto BPT, and I'd highly recommend them to anyone in need of PT in the Summit County area." — **Austin E.**





WANT TO LEARN MORE
ABOUT SCIATICA?

COME BACK TO PT!

Contact Breckenridge Physical Therapy today
and start living pain-free again!

970.364.6601

BRECKENRIDGE



PHYSICAL THERAPY

106 North French St #250
Breckenridge, CO 80424

***Do You Know Anyone
That Needs Our Help?
Refer-A-Friend Today!***

*Call us to schedule an
appointment today!*

P : 970.364.6601

F : 970.453.1960

breckenridgephysicaltherapy.com

**LOW BACK PAIN
AND SCIATICA
FREE WORKSHOP**

DETAILS INSIDE

