

# NEWSLETTER



Albanese  
Physical  
Therapy

## FIND RELIEF FROM SCIATICA WITH PHYSICAL THERAPY

2022

How Does  
Physical Therapy Help  
With Sciatica?

Exercise Of  
The Month

An Albanese  
Christmas: Feast of  
the Seven Fishes



## FIND RELIEF FROM SCIATICA WITH PHYSICAL THERAPY

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At Albanese Physical Therapy, our physical therapists 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 Albanese Physical Therapy 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 physical therapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physical therapist's conclusions.

Once you are diagnosed with sciatica, a physical therapist 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 physical therapists 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!

### *Has Your Pain Come Back?*

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927

# HOW DOES PHYSICAL THERAPY HELP WITH SCIATICA?

If you're experiencing sciatica, contact one of our physical therapists immediately. Your physical therapist 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 physical therapist 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

Physical therapy 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 Albanese Physical Therapy for relief.

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

Sources:  
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>  
<https://www.apta.org/articles/2020/10/08/sciatica-study>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>



## FEEL BETTER BY EATING BETTER

### HEALTHY PUMPKIN OAT COOKIES

- 2.5 cups rolled or quick oats
- 1 cup pure pumpkin puree
- 3 tbsp maple syrup, agave syrup or coconut sugar
- 2 tsp pumpkin pie spice or cinnamon
- 1/2 cup dairy-free chocolate chips

1. Pre-heat oven to 350 degrees.
2. Mix all ingredients in a bowl to form a thick dough. Start with 2 tbsp of sweetener and adjust sweetness as desired.
3. Use your hands to create 12 cookie shapes. The cookies will not spread or change shape during baking so be sure to create the shape you want before baking.
4. Prepare a baking pan with parchment paper or place cookies directly on the pan. Bake for 10 minutes.
5. Remove from oven and enjoy warm after a few minutes. Let cool completely before storing. Store in a sealed container at room temperature for 3 days, in the fridge for up to 1 week or freeze up to 3 months.



### Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)



## EXERCISE OF THE MONTH

### TRUNK ROTATION CHAIR

Sit tall on the edge of the chair with feet flat on the ground.

Inhale and raise arms over head. Exhale and turn your trunk to one side as you lower arms. Keep feet flat on the floor and do as large a rotation as possible while maintaining balance. Switch directions. Repeat 6 times.



Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)



# AN ALBANESE CHRISTMAS FEAST OF THE SEVEN FISHES

With Christmas fast approaching, we all start gearing up for those family traditions that we look forward to each year. For some, it is a family outing to cut the perfect Christmas tree or family dinner with special menus that you do not prepare any other time of the year. For the Albanese Family, it is the Feast of the Seven Fishes.

When I was very young, we would gather at my grandparent's house with my uncles, aunts, and cousins on Christmas Eve afternoon. It was a small place but somehow, we all managed to fit. As I got older, and my grandparents moved in with us, the tradition continued at my parent's house with the same crew. As cousins started having children and Christmas Eve became too difficult for everyone to gather, the dinner was moved to the Saturday before Christmas. When it became easier for people to attend the dinner, it grew to friends, friends of friends, extended family, and neighbors. At any given time, we would have fifty people in the house.

When my grandmother passed away and my mother took on the bulk of the work for the party, I was able to prepare all the fish dishes "Nunny" taught me so that the tradition was able to continue. It eventually became too much work for my mother and the era of the big party ended. I did not want the tradition to die, so it turned into a small gathering with my parents, uncle, my wife, and kids. Last year we got the cousins back together at my house and had a party of twenty.

I do not think that we ever had seven fish on the menu, but we consistently have at least five. The traditional menu for the fish dinner includes baccala (salted cod) and calamari (squid) each simmered separately in a spicy marinara sauce, cold baccala salad marinated in olive oil, lemon, and vinegar with oregano, celery, hot peppers, olives, fried smelts, and shrimp cocktail. A traditional olive oil and garlic pasta with broccoli is served for the non-fish eaters and the dinner is never complete without an array of cured meats, Italian cheeses, and olives.

The dinner has changed over the years, but no matter how it has changed, a few things have remained constant: it is a gathering of friends and family, there are a lot of laughs, and plenty of good food. Whatever your traditions are, we wish you a Merry Christmas and a blessed time with your family.

- Buon Natale!

Rich is the best!  
He attends ongoing clinical education seminars and has learned the best hands on manual therapy techniques!

P. T.  
5-Star Google Review



### FIND US

801 Fifth Ave  
New Brighton, PA 15066

### OUR HOURS

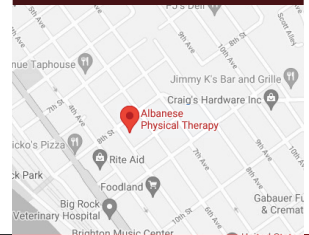
Monday & Tuesday: 8 AM - 5 PM  
Wednesday: 8 AM - 12 PM  
Thursday & Friday: 8 AM - 5 PM  
Saturday & Sunday: Closed

### CONTACT US

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rich@albanesephysicaltherapy.com  
albanesephysicaltherapy.com



@ALBANESEPHYSICALTHERAPY



### Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM