

NEWSLETTER



THE DIFFERENCE BETWEEN BACK PAIN & SCIATICA

2023

How Physical
Therapy Can Help
You Find Relief

Heart Healthy
Hummus Recipe

5 Exercise Tips To Help
Your Back And Knees



THE DIFFERENCE BETWEEN BACK PAIN & SCIATICA

Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Albanese Physical Therapy, we can clear it up for you and set you on the right path for relief!

As many as 80% of adults in the United States struggle with back pain at some point in their lives. Back pain can start for a variety of reasons such as being in a car accident, bending to pick something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physical therapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Albanese Physical Therapy today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest

problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain is pain that is felt in the lower back and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or buttocks.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its own characteristics. 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 everyday activities.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).



Has Your Pain Come Back?

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

(724) 419-8927

FREE SCREENING

Schedule your free screening today!

(724) 419-8927

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to a physical therapist about your concerns, then now is the time to take action. Working with a physical therapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physical therapy with lower back pain or sciatica, your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

Manual Therapy

Physical therapists often use 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 to improve 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.

Exercise Therapy

Supervised exercises are vital to a successful outcome. A physical therapist 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.

Working with a physical therapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physical therapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

CALL OUR CLINIC TODAY

If you're experiencing back pain or sciatica, don't wait. Call Albanese Physical Therapy today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!

Source: <https://www.ncbi.nlm.nih.gov/books/NBK507908/>
<https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub>



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



FEEL BETTER BY EATING BETTER

HEART HEALTHY HUMMUS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>



I was a patient here for approximately 10 weeks following rotator cuff surgery. Rich runs the facility and provides a technically sound and laid back environment for treatment. **Stephanie treated me and helped me achieve my range of motion and strength goals in record time. Thanks to all at Albanese Physical Therapy. Highly recommended.**

5-Star Google Review

PHYSICAL THERAPY & NEUBIE ELECTRICAL STIMULATION

This past fall we added an innovative piece of technology to our practice. The device is called a Neubie which is an acronym for "Neuro-Bio-Electric Stimulator" and is FDA cleared.

The Neubie is unique for several reasons:

1. It uses pulsed direct current (DC) as opposed to alternating current (AC)
2. It has unique effects on the body's tissues to promote healing
3. It has unique effects on the nervous system that allows us to provide a meaningful dose of neuromuscular re-education

Using DC is important because it has numerous positive biological effects. DC fields have been shown to accelerate the body's own physiological processes of healing, repair and regeneration, and to have unique effects on the nervous/neuromuscular system. Our nervous system operates on electrical impulses and those impulses are direct current so the Neubie is able to mimic the way our nervous system already operates!

Since implementing the Neubie in our practice we have seen amazing results in post-surgical patients with quicker return of range of motion and reduction of pain; rapid reduction of sciatic symptoms and lower back pain; a more rapid return of strength; and improved neurological function with improved sensation and return of balance.

Albanese Physical Therapy is one of two physical therapy practices in Western PA that offers this technology. Call us to see if the Neubie can help you!

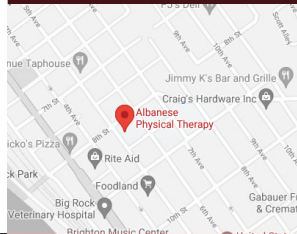
Albanese Physical Therapy

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
(724) 419-8927
rich@albanesephysicaltherapy.com
albanesephysicaltherapy.com

f
@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!