

HEALTH & WELLNESS



MARKETPLACE
PHYSICAL THERAPY
& WELLNESS CENTER

NEWSLETTER

HOW TO RELIEVE YOUR BACK & SCIATICA PAIN WITH PHYSICAL THERAPY

START YOUR PATH TOWARDS RECOVERY



**Physical Therapy
Treatments For Sciatica**
Discover what treatments our
therapists use in your recovery.

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NEWSLETTER



LEAVE BACK PAIN & SCIATICA BEHIND YOU

PHYSICAL THERAPY CAN HELP

Are you experiencing pain in your back, 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 Marketplace 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 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 Marketplace Physical Therapy today!

Symptoms of sciatica. 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 worsens 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)

PHYSICAL THERAPY TREATMENTS FOR SCIATICA

(continued from outside)

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 the information found in your evaluation, 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 targeted manual therapy, including joint mobilization/manipulations and soft tissue work. These different treatments help reduce pain, stimulate blood flow, increase 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 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.

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

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

HEALTHY *Recipe*

EASY MANGO PROTEIN SMOOTHIE

INGREDIENTS

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

INSTRUCTIONS

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!



OUR REDLANDS LOCATION HAS MOVED!



Come check out our beautiful clinic in Downtown Redlands. We are now located at:

**210 E. Citrus Ave.
Redlands, CA.**



RIVERSIDE
951-319-2482

RIVERSIDE / CORONA
951-494-4499

CHINO
909-352-4705

REDLANDS
951-349-4741

BEAUMONT
951-482-8264

STAFF SPOTLIGHTS



Brianna Loop, PTA

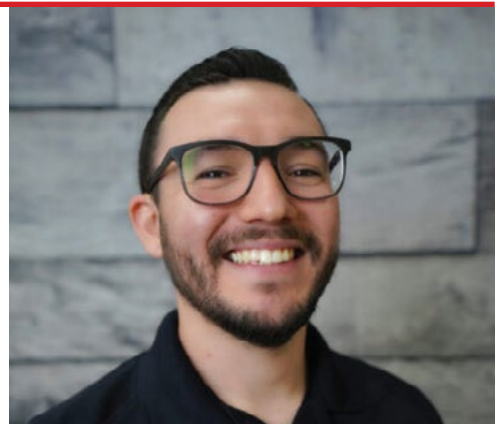
Brianna Loop, PTA graduated from Cal Baptist University with her Bachelor's Degree in Exercise Science in 2019 and later received her Associates Degree in Physical Therapy Assistant in 2021 from Cal Baptist University. Brianna has a long list of clinical experience including multiple outpatient rehabilitation and sports medicine. In the future, Brianna has dreams of becoming a professor and teaching.

Brianna enjoys getting to know her patients on a personal level, she finds joy in assisting her patients with any help they may need. Brianna's father is an athletic trainer and was educated at a very young age on the benefits of the body's function. Brianna has a deep passion for working with people and overall wellness.

Steven Moreno, PTA

Steven Moreno, PTA graduated from University with his bachelor's in Kinesiology. Steven then completed his education stand and received his AS as a Physical Therapy Assistant. Steven has clinical experience in Orthopedics, outpatient physical therapy, and inpatient acute care.

Steven enjoys helping his patients return to their prior level of function so that they can enjoy all of the activities that they like to perform. He loves when a total knee replacement patient can do a full revolution on the bike for the first time post surgery. Steven has always had a passion for fitness and sports. He finds that Physical Therapy is the perfect combination between them.



The Marketplace family is seeking a new addition to the team! We are hiring for the following positions:

- Physical Therapist
- Physical Therapy Assistant
- Physical Therapy Aide
- Front Desk Coordinator

If you or someone you know is interested in applying, visit www.marketplacewellnesscenter.com/join-our-team/ to submit your application today.

FREE

CONSULTATIONS

BIG DEAL

ATTENTION PAIN SUFFERERS!
Schedule a one-on-one appointment with one of our therapists. Call us to register at 951-684-2874.

*Must present coupon at appointment.
Limited to first 15 people.*

Offer expires 08/30/22